



Butternut Squash and Pumpkin Soup

Description



So easy, nutritious and delicious! This Butternut Squash and Pumpkin Soup is my favorite fall soup! It freezes well too.

Ingredients:

- 2 T. of your favorite [The Olive Tap's 100% Extra Virgin Olive Oil](https://www.olivetappittsburgh.com)

- 1 T. butter
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 T. chopped fresh sage (or 1 t. dried)
- 1 t. grated fresh ginger
- 1 (15 – oz.) can pumpkin puree (not pumpkin pie filling)
- 1 1/2 butternut squash, peeled, seeded, and cubed
- 3 C. chicken or vegetable broth
- 1 t. (or to taste) The Olive Tap’s Kosher Flake Sea Salt
- Fresh ground peppercorns, to taste

Directions:

1. Heat the Olive Oil and butter in a Dutch Oven or large soup pot over medium-low heat. Add the onion and sauté until the onion is soft and transparent 5-8 minutes. Add the garlic, sage, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant. Add the pumpkin puree, butternut squash, chicken broth, salt, and pepper. Cover and simmer over medium – low heat for about 20 minutes, until the butternut squash is very tender.
2. Puree with a hand-held immersion blender, or puree in batches in a regular counter-top blender. Return to pot and add the half and half and heat slowly.
3. Serve immediately. Croutons make a nice garnish or drizzle heavy cream (or even a little of The Olive Tap’s [Rosemary Fused Olive Oil](#)) over top.

Recipe by Karen, Colorado Springs

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/butternut-squash-and-pumpkin-soup/>

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