

# Butternut Squash Soup with Ginger and Fennel

*This fragrant, delicate soup is especially good for fall and early winter when butternut squash—a great source of fiber and beta-carotene—is in season. The savory flavors of gingerroot and fennel go perfectly with squash.*

**Baking Time:** 35–45 minutes

**Prep Time:** 20 minutes

**Simmering Time:** 10 minutes

**Serves:** 6

## Ingredients:

- 1 medium butternut squash (2–3 pounds)
- 2 tablespoons almond oil (or your favorite nut oil)
- ½ medium onion, chopped
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon peeled and grated gingerroot
- 1 teaspoon curry powder
- 1 cup coarsely chopped fennel (bulb only—save the feathery leaves for garnish)
- ¼ cup white wine
- 2 cups low-sodium organic vegetable or chicken broth
- 1 cup organic almond milk (or organic whole milk)

## Directions:

Preheat oven to 400°F. Cut squash in half lengthwise, scoop out seeds, and bake face down on a lightly oiled baking dish for 35–45 minutes, until soft enough to scoop out the flesh with a spoon. Set flesh aside.

Heat a large saucepan over medium-high heat and add oil. Sauté onion with salt and pepper until onion is translucent, 2–3 minutes. Add gingerroot, curry powder, and fennel. Heat 2–3 minutes, stirring occasionally. Add wine; after 30 seconds add stock and all but ¼ cup of the almond milk. Stir and remove from heat. Purée in a blender or food processor.

Add squash pulp to puréed ingredients. Blend or process until smooth, 1–2 minutes. Return to saucepan and heat through for about 10 minutes.

To serve, pour into individual bowls, garnish with fennel leaves, and add a swirl of milk.

Enjoy,

**Steven Masley, MD**