

# IMAGERY

*elevate your plate*

## Butternut Squash Soup with Yogurt Drizzle



### INGREDIENTS

#### FOR THE SOUP:

- 2 TBSP UNSALTED BUTTER OR COCONUT OIL
- 1 APPLE, DICED
- 1 YELLOW ONION, DICED
- 2 CARROTS, DICED
- 1 LARGE BUTTERNUT SQUASH, DICED
- 1 13.5-OUNCE CAN COCONUT MILK
- ¼ TSP CAYENNE
- 1 LEMON, JUICED
- SALT AND PEPPER, TO TASTE
- 32-OUNCE CARTON VEGETABLE BROTH, USE AS NEEDED

#### FOR THE TOPPING:

- ¼ CUP PLAIN YOGURT
- ½ CUP POMEGRANATE SEEDS
- ½ CUP BLACK SESAME AND/OR TOASTED PUMPKIN SEEDS

#### FOR THE GRUYERE TOAST:

- 1 6-OUNCE PACKAGE GRUYERE
- 1 BAGUETTE

### PROCESS

**STEP 1:** Preheat the oven to 425°F. Toss the diced butternut squash in about a tablespoon of oil and place into the pan and add salt—cook for about 45 minutes to 1 hour. Cook until the squash has a golden hue. Alternatively, you may skip this step and use frozen butternut squash and cook in vegetable broth, along with the following step.

**STEP 2:** In a large pot place over medium-low heat, sauté the diced onion, apple, and carrots in the butter or coconut oil. Once cooked and the onions are translucent, add in the cooked butternut squash. After a few minutes, add everything in the pan to your blender along with the cayenne (optional), lemon juice, salt, and pepper. Add the coconut milk to a small pot and bring to a simmer, then remove from heat. Slowly pour the warm coconut milk into the blender. Add the vegetable broth in until it just barely covers the more solid ingredients. The broth could be optional if you're looking for a thicker soup.

**STEP 3:** Carefully, with a sealed blender, pulse the soup until smooth. Alternatively, use a hand immersion blender right in the pot. Once smooth and creamy, cover and set aside until it's time to serve.

**STEP 4:** If you wish to enjoy with toast, slice the baguette and add to the oven or toaster to toast. Add the shredded gruyere to the top and finish off with a broil until the cheese melts. This should take just a couple minutes, so be sure to keep an eye on it.

**STEP 5:** Pour the soup into individual serving bowls. Drizzle the yogurt above the surface of the soup, and use the tip of a chopstick or bamboo skewer to pull the lines of the yogurt apart, and to create playful branches of swirling patterns. If working with a thicker yogurt, you may wish to thin it out with a touch of water to get a more flexible texture. Sprinkle all the seeds across the surface of the bowl. Add a touch of flake salt and freshly ground black pepper just before serving.

**This Butternut Squash Soup pairs perfectly with Imagery Chardonnay or Sauvignon Blanc**