

# Roasted Butternut Squash Soup

Yield: 8 min  
Total Time: 89 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-tzimmes-recipes>

## Ingredients:

- 4 pounds butternut squash whole, about 2 medium, halved lengthwise and seeds removed
- 2 tablespoons unsalted butter 1/4 stick
- 1 granny smith apples medium, about 8 ounces
- 1/2 yellow onion medium
- 8 sage leaves fresh
- 2 1/2 cups vegetable broth low-sodium
- 2 1/2 cups water
- 1 1/2 teaspoons kosher salt plus more as needed
- 1/4 teaspoon ground black pepper freshly, plus more as needed
- 1/3 cup heavy cream
- 1/2 cup toasted pumpkinseeds for garnish, optional

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 20 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 6 grams
7. SaturatedFat: 5 grams
8. Sodium: 550 milligrams
9. Sugar: 8 grams

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