My True Village

Roasted Butternut & Sage Soup

Silky, warming, and gentle on a tired stomach.

MAKES 2 BOWLS · FREEZES WELL · RICH IN FIBER

Ingredients

- 2 cups butternut squash, peeled and cubed
- 1½ cups low-sodium vegetable broth
- 2 tablespoons tahini, stirred well
- 2 tablespoons plain Greek yogurt
- 1 tablespoon pumpkin seeds
- 1 teaspoon olive oil
- 1 teaspoon fresh sage, chopped
- A pinch of smoked paprika
- Salt and black pepper, to taste

Make it

1. Heat the oven to 425°F. Toss the squash with the olive oil, most of the sage, paprika, and a little pepper on a lined baking sheet. Roast for 22 to 25 minutes, until very tender.
2. Add the roasted squash and broth to a saucepan. Warm gently, then take off the heat and blend smooth with an immersion blender, keeping the blade submerged.
3. Blend in the tahini, then season with salt and pepper. Warm over low heat for 2 to 3 minutes, stirring, until hot.
4. Divide between two bowls. Swirl a spoonful of yogurt into each, scatter the pumpkin seeds and reserved sage, and serve warm.

LOVELY FOR A NEW MOM

Soft and blended, so it is easy to eat one-handed. The squash brings gentle fiber and natural sweetness, and it freezes beautifully for a harder day down the road.