



THE J.M. SMUCKER Co

Creamy Butternut Squash

Makes: 10 cups

Prep Time Cook Time Serves Difficulty

15 mins 40 mins 10 N/A

Ingredients

- 1 tbsp (15 mL) Vegetable or Canola Oil
- 2 onions, chopped
- 4 cloves garlic, chopped
- 1/4 tsp (1 mL) red pepper flakes (optional)
- 8 cups (2 L) butternut squash (about 3 lbs / 1.4 kg), peeled and cut into 1/2" (1.3 cm) pieces
- 8 cups (2 L) chicken stock, vegetable stock or water
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 3/4 cup (175 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

2% Evaporated Partly Skimmed Milk

Directions

Step 1:

Heat oil in a large saucepan or stock pot, on medium heat. Add onion and garlic (and red pepper flakes, if desired). Cook for 3-5 minutes, until tender and fragrant.

Step 2:

Add squash and cook for 2-3 minutes. Add stock, salt and pepper and bring to a boil. Cover pot, reduce heat and simmer for 30 minutes or until squash is tender.

Step 3:

Puree soup in blender, food processor or with an immersion blender. Return to heat. Stir in evaporated milk. Taste and adjust salt and pepper, if necessary.

Use already peeled and cut up squash for easy and quick preparation.

Images

