

Velvety Vegetable Soup

- 1 whole butternut squash, pierced several times with a knife
- 2 carrots, peeled and cut in chunks
- 1 sweet potato, peeled and cut in chunks
- 3 spears of broccoli, cut in chunks
- 1-2 onions, chopped
- 2 garlic cloves, minced
- 1 T olive oil
- 1/4 c chopped fresh dill
- sea salt and freshly ground black pepper
- 6-8 c [homemade soup stock](#), vegetable or chicken, or [store bought](#)

Garnish

- 1/4 c pine nuts
- 1 broccoli cut into spears (minus the 3 spears above)
- 1/2 c crumbled goat cheese
- 1/2 coloured bell pepper, roasted (optional - for a colour boost)
- 1/2 T olive oil
- sea salt and freshly ground black pepper

Microwave the whole squash on high, uncovered, for 8 minutes, turning once at halftime. When cooled, cut in half, scoop out the seeds, peel and chop.

Use a large soup pot to heat the olive oil, then add the onion and garlic, sautéing until golden. Add all the other soup ingredients, bring to a boil and simmer for 20 minutes until softened. Blend until velvety.

Roast the broccoli for about 20 minutes, coated with a bit of olive oil, sea salt and black pepper, in a 400F oven until golden. Remove the broccoli stalks. Chop the broccoli tops, then combine garnish ingredients and divide them into portions. Run a line of garnish left of center down each flat style soup bowl. Spoon or pour the hot soup over the garnish just before serving. Serves 6.

Jittery Cook