




Creamy French Butternut Soup

Soupe crémeuse au butternut

 4 people

 15 mins prep time

 30 mins total time

 Super easy

INGREDIENTS

- 1 butternut squash cut in small chunks
- ½+ cup of cream (like coffee creamer)
or coconut cream
- 1 chicken bouillon cube plus 1 liter water or 1 liter chicken stock (optional, and only if you are using milk cream)
- ¾ cup of water or milk
- ½ sweet onion diced
- 1 pinch : cumin, nutmeg
- 1/8 tsp: pepper, cinnamon, sugar
- ½ tsp: salt



DIRECTIONS

1. Sauté well the onions in olive oil in your soup pan.
2. Add the $\frac{3}{4}$ cups of water/milk and the optional bouillon cube.
3. Add all the spices and mix together.
4. At this point all the ingredients except the cream was added.
5. Cook on medium heat for about 20 minutes or until the butternut is very soft.
6. When it is finished cooking, add the cream.
7. Take an immersion mixer, or a blender, and mix all ingredients together until a very smooth and creamy texture appears.
8. Serve topped off with a dollop of cream, crushed hazelnuts, and ground pepper on top.
9. The soup can be frozen and preserves 5-7 days in the frig.

Bon Appetit!
Emilie Anne 

