



French Cuisine

MADE SIMPLE

French Hearty Butternut Soup

Soupe française au butternut

 4 people

 10 mins prep time

 40 mins total time

 Easy

INGREDIENTS

- 1 leek (or onion) cleaned well and sliced
- 1 butternut, peeled and chopped into medium sized pieces
- 4 carrots peeled and chopped
- 500 mL of chicken or veggie bouillon
- $\frac{1}{4}$ tsp cumin
- 1 bay leaf
- $\frac{1}{4}$ tsp thyme
- $\frac{1}{4}$ tsp rosemary
- salt and pepper to taste
- optional: top with pumpkin seeds and sprigs of shredded cheese



DIRECTIONS

1. In an Instant Pot or a large pot, sauté the leek (onion) for 3 minutes in butter or oil.
2. Add all the remaining ingredients in the pot and simmer on the stove for 30 minutes or cook in the Instant Pot for 12 minutes. The ingredients are cooked when a knife slips easily into the carrots and butternut.
3. Using an immersion mixer or a blender, blend all the cooked soup ingredients together until it reaches your desired consistency. If you would like a smoother soup, add more bouillon, water, or cream to the soup.
4. Serve in bowls, and top with pumpkin seeds and sprits of cheese and enjoy!
5. This soup refrigerates well for 5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit!
Emilie Anne 

