

# *From the Our Lady of Perpetual Help Kitchen*

## **Butternut Squash Soup**



### *Ingredients:*

4 tablespoons butter  
6 tablespoons diced onion  
8 tablespoons diced carrots  
6 cups peeled and cubed  
butternut squash  
8 cups vegetable stock  
¼ teaspoon black pepper  
¼ teaspoon salt  
1 teaspoon nutmet  
1 quart whipping cream

### *Directions:*

Sauté onions and carrots in butter until tender. Add squash, vegetable stock, black pepper, salt, and nutmeg. Bring to a boil for about 15 minutes or until squash is tender. Purée squash in blender or food processor until smooth. Return to saucepan, heat through and slowly add whipping cream until smooth. Do not allow to boil.

Serve hot. Optional: top with sesame seeds or your favorite fresh herbs.