



# Spiced Butternut Squash Soup with Cheddar & Granola

Makes: 4-6 servings

Prep Time: 4 hours Bake Time: 5 minutes

Total Time: 8 hours

## Ingredients

### Granola

- 1 egg white
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- 1/4 tsp kosher salt
- 1/8 tsp ground nutmeg
- 4 tbsps unsalted butter, melted + slightly cooled
- 1/4 cup light brown sugar
- 1 & 1/4 cups old-fashioned rolled oats
- 1/2 cup chopped pecans
- 1/4 cup pumpkin seeds

### Soup:

- 1 (3 pound) butternut squash, halved lengthwise and seeds scooped out
- olive oil
- kosher salt
- 2 tbsps unsalted butter
- 1 large onion, diced
- freshly cracked black pepper
- 1/4 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- 1/8 tsp ground nutmeg
- 2 bay leaves
- 1 small bunch fresh thyme sprigs, tied in kitchen twine
- 1 tbsp chopped fresh sage

- 1/2 cup white wine
- 1 quart chicken (or vegetable) stock
- 1/2 cup heavy cream
- 4 ounces sharp cheddar cheese, shredded

## Instructions

### Granola:

Preheat the oven to 350°F. Line a sheet pan with a piece of parchment paper.

Add the egg white, cinnamon, cayenne, salt, and nutmeg to a mixing bowl. Whisk to combine. Whisk in the melted butter and brown sugar until smooth. Fold in the oats, pecans, and pumpkin seeds until evenly coated.

Spread the granola mixture evenly onto the prepared sheet pan. Bake for 25-30 minutes, or until golden brown and crisp. Allow to fully cool. Store in an airtight container at room temperature for up to a week.

### Spiced Butternut Squash Soup:

Preheat the oven to 400°F. Place the butternut squash halves on a sheet pan. Drizzle with olive oil, rub to coat, and season with a good pinch of salt. Arrange the squash cut-side down. Roast for 45 minutes, or until tender.

Once the squash is cool enough to handle, heat a 5 & 1/2-quart Dutch oven (or heavy bottomed pot) over medium heat. Add the butter and let it melt. Add the diced onions. Season well with salt and black pepper. Sauté for about 6 minutes, stirring occasionally. Stir in the cinnamon, cayenne, nutmeg, bay leaves, thyme sprigs, and sage. Deglaze the pot with the white wine. Allow the wine to simmer for a couple of minutes.

Use a large spoon to scoop the squash out of the skins and add it to the pot. Pour in the chicken stock. Season with more salt. Bring the soup to a simmer over medium-high heat. Reduce the heat to medium-low and gently simmer for about 15 minutes. Remove bay leaves & thyme.

Ladle the soup into a large blender and blend until smooth, working in batches as needed. Wipe out the pot and transfer the soup back into it. Add the cream and cheddar cheese. Stir until the cheese is melted. Taste the soup and season to taste. Serve the soup with the granola, freshly cracked black pepper, and fresh thyme leaves on top.