



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGAN
GLUTEN-FREE**

Maple Butternut Squash Soup

OVERVIEW

Yield: 3–4 L of soup

Prep Time: 50 minutes

Total Time: 50 minutes

INGREDIENTS

3 Tbsp. olive oil

1 large butternut squash
(peeled, cored, diced)

1 large onion (diced)

1 large carrot (diced)

2 cloves garlic (minced)

1 Tbsp. ginger (minced)

½ stick of cinnamon (crushed)

1 apple (peeled, cored, diced)

⅓ cup maple syrup

4 cups vegetable stock

1 cup coconut milk

Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 375 °F.
2. Toss squash with a tablespoon of olive oil, one third of the maple syrup, and salt and pepper. Roast for 15–20 minutes or until golden brown.
3. Heat remaining olive oil in a pot at medium heat. Add onion and carrot. Cook for 5 minutes or until lightly browned. Add garlic, ginger, and apple and cook for another couple minutes.
4. Add cinnamon and roasted squash.
5. Add remaining maple syrup. Stir across bottom of pot well to avoid any sticking.
6. Add vegetable stock and simmer for 20 minutes.
7. Blend with coconut milk.
8. Season with salt and pepper to taste.

