



INGREDIENTS

- 1/2 tsp olive oil
- 2 garlic cloves (minced)
- 1 medium onion (diced)
- 1 butternut squash
- 32 oz. vegetable broth
- 1 tsp salt
- thyme for garnish

INSTRUCTIONS

1. In a heavy pot, heat olive oil over medium heat
2. Add onion and garlic, then cook until soft (about 5 minutes)
3. Add cubed squash and vegetable stock
4. Bring to a boil then cover and simmer for 20 minutes
5. Blend until smooth
6. Dish in bowls with thyme garnish
7. Serve and enjoy!