



roasty but sweet butternut soup

Yields 3 - 4 servings



ingredients

1 medium butternut squash, seeds removed, cut
lengthwise in half

Filtered water

1 medium sweet potato

1 yellow onion, roughly chopped

3-4 cloves of garlic

2 ribs celery, roughly chopped

1 carrot, roughly chopped

Hippocrates soup stock
(see Hippocrates soup recipe)

1 tsp mace

fresh basil, washed and chopped

optional: 1 tsp allspice



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method

Preheat the oven to 350°F.

Take a baking tray and put the butternut squash in face down. Cover the bottom with some filtered water to prevent sticking. Cut the sweet potato and put it in the dish too. Bake for 60min.



Now cook onion, garlic, celery, and carrot on medium heat. Add 1 tbsp of the **Hippocrates soup stock** or filtered water. When steam is being created, add the mace. Now put a lid on and keep the heat on medium until the lid becomes too hot to touch. This is your cue to reduce the heat to low.

Continue cooking until squash and sweet potato are roasted and soft. Scoop out the juicy squash flesh and add it to the rest of the vegetables. Then chop and add the roasted potato, no need to get rid of the skin.

Add filtered water so all vegetables are just covered. Bring this to a boil. Now, reduce the heat and let simmer for another 20min.

Use a blender or food mill to mix the soup. Add more filtered water or Hipp soup stick until you get the thickness you prefer.

Serve with some freshly chopped basil on top.