BUTTERNUT SQUASH BISQUE

1 tablespoon canola oil
1 tablespoon unsalted butter
½ cup diced onion
¾ cup diced carrots
4 cups peeled and cubed butternut squash
3 cups vegetable stock
salt and ground black pepper to taste
ground nutmeg to taste
½ cup heavy cream (Optional)

Directions:
• Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil under tender.
• Mix the carrots and squash into the pot. Pour in vegetable stock, and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender.
• In a blender or food processor, puree the soup mixture until smooth. Return to the pot, and stir in the heavy cream. Heat through, but do not boil. Serve warm with a dash of nutmeg.

May this recipe warm and nourish you.

From 2022 Soup & Hope Speaker, Michelle Artibee