



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



Butternut Squash Soup

Ingredients

1 bag (750 g) cubed butternut squash
4 cups (1L) water
1 red pepper, roughly chopped
1 medium yellow onion, roughly chopped
2 tsp (10 ml) minced garlic
1 tbsp (15 ml) maple syrup
1 tsp (5 ml) salt
Dash of pepper
½ cup (125 ml) 18% table cream

Preparation

Place all of the ingredients except for the cream into a large pot. Bring to a boil, reduce heat to low. Simmer until vegetables are soft, about 25 minutes. Using a hand-held immersion blender, puree the soup until smooth. Stir in the cream and bring to a simmer for a few minutes. Add more salt and pepper to taste. Serve and enjoy!