**Velvety Butternut Soup**

**Servings:** 2

**Prep Time:** 45 Minutes

**Cook Time:** 30 Minutes

**Total Time:** 1 Hour 30 Minutes

**Equipment Needed**: Knife, Blender, Pot, Grater, Spoon, Baking Pan, Parchment Paper (optional), Measuring Utensils

**Ingredients:**

1 Onion, Chopped

1 inch Ginger, Peeled, Chopped

1 Tablespoon Garlic, Minced

1 teaspoon Curry

1/4 teaspoon Dry Mustard

2 Cups Vegetable Broth

1 Butternut Squash

Dash Cayenne

Dash Coriander

3 strands Saffron (optional)

Red Bell Pepper, Slice (optional)

Cilantro leaves (optional)

Grape Seed Oil

Olive Oil

**Directions:**

1. Smear Grape Seed Oil on the Parchment Paper. Cut the Butternut Squash in half long ways and cut off the very ends. Place them face down on the Parchment Paper and cook for 30 Minutes on 350 degrees.

2. Meanwhile, cut up Onion, Garlic, and Ginger. (Red Bell Pepper is for a raw element, actually, and will not be used until the end)

3. On Low heat, place a drizzle of Grape Seed Oil then Olive Oil on the bottom. Add the Onion, Garlic, and Ginger, cooking until Onions are translucent. Then add the Seasoning: Curry, Dry Mustard, Cayenne, Coriander, and Saffron (if using).

4. Now, spoon the the Butternut Squash out of its skin and smash it with the back of the spoon.

5. Add the Vegetable Broth. Let it come to boiling then let turn it down to Medium Heat and cook for 30 Minutes.

6. Allow it to cool for 10 Minutes before pouring into the blender. Blend smooth.

7. Serve warm with Cilantro Leaves & Red Bell Pepper Slices. Eat & Enjoy!