

# Tames' Squash Soup

## Ingredients

1-2 Large butternut squash or 4-5 acorn squash  
1 orange  
Butter  
Salt  
Pepper  
3 cups chicken or vegetable stock  
4 Tbs. honey  
4 oz. heavy cream or 2 oz. Half & Half & 2 oz. milk  
¼ tsp. nutmeg  
¼ tsp. powdered ginger (optional)

## Utensils

Knife & cutting board  
Measuring spoons  
Measuring cup  
Lemon reamer  
Microwave safe bowl  
or small cookpot  
Brush  
Sheet pan with lip  
Spoon  
Soup pot  
Stick blender or food  
processor

Preheat oven to 400°.

Cut the squash in half and remove the seeds. Then cut the squash in half again to make quarters. Juice the orange. Melt the butter in a microwave safe bowl or in a small cookpot on the stove. Place the squash on the sheet pan flesh side up. Brush the flesh of the squash all over with butter. Pour the orange juice over the squash and season with salt and pepper. Place it in the oven and roast for 30-35 minutes or until the flesh is nice and soft. Remove from the oven and let cool.

Scoop the flesh from the skin and place it into the soup pot. Add any liquid from the sheet pan to the soup pot. Add the stock and honey. Bring to a simmer, then puree using a stick blender or place in a food processor to puree. If using a food processor, return the soup to the pot. Stir in the cream and return to a low simmer. Season with salt, pepper, and nutmeg.