

# Butternut Squash Bisque

Serving this as an appetizer gives you a few extra minutes to put out any kitchen fires or locate Aunt Edna's dentures before the main course is served. Top it with bacon to really make it sassy.

**Courses**      Soup  
**Season**        Fall, Winter

**Servings**                      **Prep Time**                      **Cook Time**  
4                                      15 MINUTES                      30 MINUTES

## Ingredients

- 1 stick                      butter  
(or 6 Tbs. cooking fat – yes, that's less than 1 stick of butter, but we're accounting for loss in milk solids when you use butter)
- 1 medium                yellow onion    chopped
- 2 cups                      carrots    peeled and chopped
- 2 cups                      chicken broth    or sub vegetable, or beef
- 2 cups                      heavy cream    or sub cashew cream, or coconut milk
- 1 can                      butternut squash puree    or 2 cups fresh/frozen diced butternut squash
- 1 pinch                    nutmeg
- salt
- cooked, crumbled bacon    optional for topping

## Instructions

1. Melt cooking fat over medium heat in stock pot.  
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2. Once melted, add chopped onion. Cook until soft (about 5 minutes), stirring occasionally so onions don't burn.  
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3. Once onion is soft, add chopped garlic and sauté for 30 seconds.  
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4. Add broth & stir.  
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5. Add cream & stir.  
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6. Cook until carrots become soft (about 10-15 minutes). Don't let it get above a simmer, though. Boiling is bad.  
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7. Once carrots are soft, add can o' squash & stir to combine (it won't combine perfectly, but you can try)

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8. Now you can either: a) puree everything into a gloriously smooth liquid with your hand blender, without removing anything from the stock pot OR b) allow the mixture to cool a bit so you can pour it all into the blender to puree. Be sure to allow it to cool enough that the blender won't explode, or vent blender accordingly (don't say we didn't warn ya!)

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9. Once pureed, put (or keep) everything in the stockpot and add 1 tsp. salt and pinch of nutmeg (literally take a pinch with your fingers). Taste. Add more salt if you want. Warm it up before you serve, but turn off heat in between.

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10. Put in purty individual bowls for serving.

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11. Optional: top with crumbled bacon.