

SOUP

Smokey Butternut Squash Soup

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	15 min	45 min	6	\$1.24	188 kcal



Smokey Butternut Squash Soup requires around 1 hour from start to finish. For \$1.24 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. Watching your figure? This gluten free recipe has 188 calories, 4g of protein, and 10g of fat per serving. This recipe serves 6...

Ingredients

- ☐ 1½ cups almond milk
- ☐ 1 butternut squash - peeled and cut into cubes, seeds removed and reserved
- ☐ 1½ teaspoons chipotle chile powder
- ☐ 1 teaspoon minced fresh ginger
- ☐ 6 servings salt and ground black pepper to taste
- ☐ 6 fresh Brussels sprouts, cored and separated into leaves
- ☐ 3 tablespoons canola oil, divided
- ☐ 1½ teaspoons chili powder
- ☐ ¼ cup crumbled goat cheese, or to taste
- ☐ 2 tablespoons maple syrup

☐ 1 seeds of pomegranate

☐ ½ shallot, diced

☐ 2 teaspoons smoked paprika

EQUIPMENT Bowl, Frying pan, Oven, Blender, Roasting pan, Aluminum foil

Method

- 1 Preheat oven to 375 degrees F (190 degrees C). Line a roasting pan with a large sheet of aluminum foil.
- 2 Toss butternut squash, shallot, 2 tablespoons canola oil, paprika, chili powder, chipotle powder, and ginger together in a bowl until evenly mixed and coated.
- 3 Pour into prepared roasting pan and wrap aluminum foil around squash mixture.
- 4 Bake in the preheated oven until squash is tender, 30 to 40 minutes.
- 5 Heat 1 tablespoon canola oil in a cast-iron skillet over medium heat. Cook and stir reserved butternut squash seeds, pinch salt, and pinch ground black pepper in the skillet until lightly toasted, 5 minutes.
- 6 Add Brussels sprouts leaves and cook, stirring occasionally, until leaves are slightly crispy and seeds are browned, 10 to 15 minutes. Stir maple syrup into seed mixture and immediately remove from heat.
- 7 Pour butternut squash mixture and almond milk into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until soup is smooth.
- 8 Pour butternut squash soup into bowls and top with squash seeds and Brussels sprouts mixture, pomegranate seeds, and goat cheese.

Nutrition per serving

188	4 g	10 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2 g · 12% of daily needs
Fibre			4.3 g · 17% of daily needs
Sugar			8.1 g · 9% of daily needs
Sodium			136 mg · 6% of daily needs
Cholesterol			4.4 mg · 1% of daily needs
Vitamin C			42.6 mg · 52% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/smokey-butternut-squash-soup-142458