

roasted red pepper and butternut squash soup

BY CAROLINE CHAMBERS

Serves 2-4

Cook time: 1 hour

Tools:

- [Parchment paper](#)
- Your largest [baking sheet](#)
- [Chef's knife](#)
- [Cutting board](#)
- [Blender](#)
- Saucepan

Ingredients:

- 1 head of garlic, kept whole with top cut off
- 2 red bell peppers, deseeded and chopped into large pieces
- 1 large yellow onion, peeled and chopped into large pieces
- 1 cup (8 ounces) butternut squash cubes
(Try to find pre-cut to make it easy! If you

can't find pre-cut, buy 1 small butternut squash and see recipe for how to cube)

- 4 tablespoons extra-virgin olive oil, divided
- 1/4 to 1/2 teaspoon crushed red pepper flakes, depending on spice preference (if you don't want the soup to be spicy at all, omit this altogether!)
- 2 teaspoons smoked paprika
- Kosher salt and freshly ground black pepper, to taste
- 4 slices of a good loaf of bread (any type — country levain, sourdough, ciabatta, etc.)
- 1/2 teaspoon fresh thyme leaves, plus more for serving
- 2 cups vegetable broth, divided
- 1/4 cup of sour cream
- Crumbled feta, for serving

Preheat oven to 425°F. Line a sheet pan with parchment paper. Cut the top off of **1 head of garlic**, keeping the skin on and the bulb intact. Place the garlic bulb cut-side down on the sheet pan.

Deseed and chop **2 red bell peppers** ([click here](#) for a demo, if needed!) and peel and chop **1 yellow onion** into large pieces. Add them to the sheet pan, along with **1 cup butternut squash cubes**. *If you couldn't find pre-cubed butternut squash, cut a butternut squash in half, deseed it, peel it (or just cut off the skin) and cube enough to fill a cup.*

To the sheet pan, add **3 tablespoons extra-virgin olive oil**, **1/4 to 1/2 teaspoon crushed red pepper flakes** (1/4 teaspoon will add some mild heat to the soup; 1/2 teaspoon will make it spicy; omit it if you're feeding people averse to any spice!), **2 teaspoons smoked paprika**, **1/2 teaspoon thyme leaves**, and **salt and pepper to taste**. Use your hands to coat all the veggies and the garlic bulb thoroughly with the EVOO and spices.

Roast for 20 minutes. Meanwhile, cube **4 slices of bread**. After the veggies have roasted for 20 minutes, take the sheet pan out of the oven, scooch the veggies over a little, and add the cubed bread to one side of the sheet pan. Toss the bread with **1 tablespoon EVOO**. Return the baking sheet to the oven and roast for 20 to 25 minutes, until the veggies are soft and starting to caramelize and the croutons are toasty.

Remove the sheet pan from the oven and let the veggies cool slightly, until the garlic bulb is cool enough to handle. Remove the croutons, setting them aside until you serve the soup.

Squeeze half of the roasted garlic into a blender (you'll literally just squeeze the bulb and the roasted garlic will slide right out! Use your fingers to keep little pieces of the garlic skin from going with it). Reserve the other half of the roasted garlic for another use. Add the other veggies to the blender along with **1 cup of vegetable broth**. Blend until smooth.

Place the blended soup in a saucepan over medium heat. Thin it out with **up to 1 cup of broth**, using however much broth it takes for the soup to reach a consistency that you love. Once the soup is heated through, remove the saucepan from heat and stir in **1/4 cup sour cream**. Taste! If it's not absolutely delicious, add more salt a 1/4 teaspoon at a time until it is. Serve topped with crispy croutons, crumbled feta, a drizzle of EVOO, and a few thyme leaves. DIG IN!