



Makes 10 cups
Preparation Time: 25 minutes
Cook Time: 10 minutes

INGREDIENTS:

¼ cup raw pepitas or raw cashews

2 cups packed fresh flat-leaf parsley

2 tablespoons nutritional yeast

2 tablespoons white wine vinegar

3 cloves garlic, coarsely chopped

¼ teaspoon dried oregano, crushed

1 cup chopped onion

4 cloves garlic, minced

2 lb. butternut squash, peeled and cut into 1-inch cubes

4 cups low-sodium vegetable broth

2 15-oz. cans no-salt-added butter beans, rinsed and drained (3 cups)

1 cup unsweetened, unflavored plant-based milk

½ teaspoon dried thyme, crushed

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

Butternut Bisque with Parsley Pistou

Silky smooth, packed full of flavor, and topped with a French-inspired variation on pesto, this **butternut squash** bisque is what soup dreams are made of. The orange-hued base features sautéed **onions**, garlic, and thyme to create a rich bisque where every slurp tastes like a spoonful of liquid gold. The secret to producing the perfect velvety texture is to add a can of creamy butter beans into the mix and puree everything with an immersion blender. Once spooned into bowls, a drizzle of pepita and parsley pistou—a sauce that normally features basil and olive oil—is ideal for swirling into the soup. Serve this butternut bisque with a side of crusty whole grain bread for an extra hearty meal.

For more soup inspiration, check out these tasty ideas:

- [Caramelized Garlic and Potato Soup](#)
- [Roasted Red Pepper and Tomato Bisque for Two](#)
- [Chilled Blueberry Soup](#)
- [Sweet and Sour Vegetable Soup](#)

By Ellen Boeke

- 1 For pistou, place pepitas in a bowl. Cover with boiling water. Let soak 10 minutes; drain. Place pumpkin seeds in a food processor with parsley, yeast, vinegar, the 3 chopped garlic cloves, and the oregano. Process until nearly smooth, adding water, 1 tablespoon at a time, as needed to reach desired consistency.
- 2 In a 5- to 6-quart Dutch oven cook onion over medium 5 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add the 4 cloves of minced garlic; cook and stir for 30 seconds. Add squash and broth. Bring to boiling; reduce heat. Cover and simmer for 15 minutes or until squash is very tender, stirring occasionally.
- 3 Add the remaining ingredients. Using an immersion blender, blend soup until smooth. (Or transfer to a blender in batches; cover and blend until smooth. Return to pot.) Heat through. Serve soup with a swirl of pistou.