



Makes about 7 cups
Cook Time: 30 minutes

INGREDIENTS:

FOR THE SOUP:

10 cups peeled, seeded, and cubed butternut squash (3 pounds)

FOR THE TOPPING:

2 cups fresh or frozen green peas

1½ cups finely chopped green onions, white and green parts

2 tablespoons fresh lime juice (from 1 to 2 limes)

Pinch of freshly ground black pepper

Sea salt

FOR THE SAUCE:

2 cups packed fresh basil leaves

¼ cup pine nuts

1 clove garlic

¼ teaspoon freshly ground black pepper

Sea salt

Butternut Squash Soup with Sautéed Green Peas and Pesto Sauce

This butternut squash soup is so good, even if you only have time to make one of the two beautiful and tasty toppings. However, I highly recommend that you make both whenever possible, so you can fully enjoy the flavors and textural contrasts of the mildly sweet, silky-smooth soup; the tangy peas-and-green-onion topping; and the grassy, nutty, bright taste of the fresh pesto. The combination transforms three simple parts into a deliciously complex whole.

From *The Forks Over Knives Plan*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Darshana Thacker Wendel

- 1 To make the soup, place the squash in a large sauté pan with a lid and add 2 cups water. Bring to a boil over high heat. Reduce the heat to medium, cover the pan, and simmer until the squash is soft, about 20 minutes. Remove from the heat and let cool; do not drain. Transfer the squash and its cooking water to a blender or food processor and blend until smooth. Set aside.
- 2 Meanwhile, to make the topping, bring a small saucepan of water to a boil. Add the peas and boil until very tender, 5 to 7 minutes. Drain the peas and let cool.
- 3 Cook the green onions and 2 to 3 tablespoons of water in a sauté pan over medium heat, until they are tender and the water has evaporated, about 5 minutes. Add the peas, lime juice, and pepper, and salt to taste. Cook, stirring, until the ingredients are blended and warmed through, about 2 minutes. Taste and adjust the seasoning. Set aside.
- 4 To make the sauce, place the basil, pine nuts, garlic, pepper, and salt to taste in a blender or food processor, and blend until smooth. Transfer to a small dish and stir in 1 or 2 tablespoons of water to make a creamy paste.
- 5 When ready to serve, warm the soup until hot and ladle it into bowls. Top each serving with a spoonful of the sautéed green pea mixture, and garnish with a spoonful of the pesto sauce. Serve hot.