

Easy Vegan Acorn Squash Soup

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Ingredients

Yield: About 8 Cups of Soup

2 or 3 Whole Fresh Acorn Squash, washed and pat dry
3 to 4 Tablespoons Your Choice of Oil, Olive, Grape Seed, Canola, etc.
1/3 Cup Sliced Onions
1 to 2 Cloves Garlic
2 to 3 Cups Vegetable Stock/Broth
¼ to 1/3 Cup Unsweetened Almond Milk or Unsweetened Coconut Milk
To Taste Dried Herbs
To Taste Salt
To Taste Black Pepper
To Taste Grand Diamond All Purpose Seasoning

Directions

Preheat oven to 425 Degrees

Cut the top off the squash. Remove the seeds with a spoon. Rub the squash, onions and garlic with the oil. Season to taste. Line a baking sheet with parchment. Turn the squash upside down and place the onions and garlic under them. Roast for about 40 minutes. (**Note:** If you have acorn squash that are on the smaller side, start checking them at the 30-minute mark.)

Once done, allow them to cool for about 10 to 15 minutes. Use a spoon to scoop out the flesh of each squash "bowl" leaving about ¼ inch on the bottom and sides.

Heat the milk and vegetable stock in the microwave.

Blend the flesh of the squash, the squash tops with the skin, onions, garlic, the milk, and 1 cup of stock. Season to taste. Add the stock ½ cup at a time until the desired consistency is reached. Pour the soup into each squash bowl and serve immediately.

(Note: If this soup is being made ahead of time the soup and squash bowls may be stored, and reheated, separately.)