



# Creamy Winter Squash Soup Noel

## A Bowl of Golden Sunshine

Hello, my dear. Come sit. Let's talk about soup. This one is like drinking a hug. It turns simple squash into liquid gold.

I make it every year when the leaves turn. The color alone makes me happy. It chases the grey right out of the kitchen. Doesn't that sound nice?

## Why We Roast First

Now, we don't just boil things here. We roast them. This is the big secret. Toss everything in oil and let the oven do its magic.

The heat brings out the sweetness. It gives little brown, tasty bits on the pan. Those bits are flavor treasures. *Fun fact: roasting vegetables makes them taste sweeter because their natural sugars caramelize!* We add a splash of broth to get every last bit. Nothing wasted.

## The Apple of My Eye

You might wonder about the apples. I did too, the first time. My friend Margie told me to try it. I still laugh at that. I thought she was making dessert soup!

But she was right. The apples add a gentle fruitiness. They keep the squash from tasting too plain. It matters because good food has layers. It should make you think, “What is that lovely taste?”

## Bringing It All Together

After roasting, everything goes in the blender. It becomes silky smooth. Then we warm it on the stove. Here comes the magic touch: a dash of vinegar and a drizzle of cream.

The vinegar is important. It brightens all that rich flavor. The cream makes it feel luxurious. Doesn't that smell amazing? It means this soup feels special, but it's made from humble things. That's a good lesson for life, I think.

## Your Turn in the Kitchen

This soup is very forgiving. Too thick? Add a little water. Want it richer? Use a touch more cream. You are the boss of your own pot.

I love it with a crusty piece of bread. My grandson likes a sprinkle of

pepper on top. What do you think you'd like with it? Tell me your favorite soup topper.

## Stories in the Steam

Soup is never just food. It's a quiet afternoon. It's sharing a pot with a neighbor who feels poorly. It's leaving a container on a friend's step.

Making something warm and good matters. It feeds more than our stomachs. It slows the world down for a minute. Do you have a food that makes you feel that way? I'd love to hear about it.

See also [Maple Pecan Christmas Pinwheels](#)

## Let's Make a Memory

So, will you try it? The recipe is right there. It's simpler than it looks. I promise.

If you make it, tell me this: did you use butternut squash, or try a different kind? I used a sweet potato once. It was lovely. Cooking is our own adventure.

## Ingredients:

Ingredient	Amount	Notes
Butternut squash	1 medium (about 3 lbs)	Peeled, seeded, and cut into 1 ½-inch chunks
Golden Delicious apples	1 ½ pounds	Peeled, cored, and chopped
Shallots	3 medium	Peeled and quartered

Ingredient	Amount	Notes
Vegetable oil	¼ cup	To taste (recipe uses 1 tsp salt & ½ tsp pepper)
Salt and pepper		
Low-sodium chicken broth	4 cups	
Maple syrup	1 tablespoon	
Cider vinegar	1 teaspoon	
Ground nutmeg	⅛ teaspoon	
Heavy cream	¼ cup	





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Hello, my dear. Come sit at the table. Let's make a hug in a bowl. This soup is like a cozy, orange blanket. It reminds me of crisp autumn walks with my grandson. We'd always pick the prettiest squash from the farm stand. Doesn't that smell amazing when it roasts? The apples make it just a little sweet. I still laugh at that. My first try was too peppery! So we'll be gentle with it.

### Instructions

**Step 1:** Heat your oven to 450 degrees. Toss the squash, apples, and shallots with oil, salt, and pepper. Spread them in a big pan. Roast until they are golden and soft. This takes about 45 minutes. Stir them once or twice. (Use a big, heavy pan for the best browning!)

**Step 2:** Now, add a half-cup of broth to the hot pan. Scrape all those tasty brown bits up. Those bits are flavor gold! Put the pan back in the oven for five minutes. This makes a lovely glaze. **What's your favorite cozy soup memory? Share below!** The kitchen will smell wonderful now.

**Step 3:** Carefully blend the roasted mix with the rest of the broth. Do this in two batches so it doesn't splash. Pour the smooth soup into a big pot. Stir in the maple syrup, vinegar, nutmeg, and cream. Let it warm up gently on the stove. You can add a little water if it seems too thick.

See also [Smoky Almond and Parsley Roasted Carrots](#)

## Creative Twists

**Add a spoonful of crunchy apple relish on top.** Just chop an apple with some celery. **Swap the cream for coconut milk.** It gives a lovely, tropical hint. **Stir in a little curry powder with the nutmeg.** It adds a warm, exciting spark. Which one would you try first? Comment below!

## Serving & Pairing Ideas

Serve this soup with a warm, crusty bread roll. A simple green salad is nice on the side. For a pretty touch, drizzle a little more cream on top. A cold, crisp apple cider pairs perfectly. For the grown-ups, a glass of chilled Chardonnay is lovely. Which would you choose tonight?





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### Keeping Your Cozy Soup Cozy

This soup is a wonderful friend to have waiting. Let it cool completely first. Then pop it in the fridge for up to three days. It thickens up when it's cold. That's just fine.

You can freeze it for a month, too. Use a sturdy container. Leave an inch of space at the top. The soup expands as it freezes. I learned that the hard way once. My freezer shelf was a sticky, orange surprise!

Reheating is simple. Warm it gently on the stove. Add a splash of water or broth. Stir it often. This keeps the cream happy and smooth. Making a big batch matters. It means a warm meal is always minutes away.

**Have you ever tried storing it this way? Share below!**

### Simple Fixes for Soup Troubles

Is your soup too thick? That happens to everyone. Just stir in a little more broth or water. Add it a quarter cup at a time. You are in control of the texture.

Does it taste a bit flat? I remember when my soup lacked spark. The secret is a tiny bit more salt or vinegar. Taste it after each small pinch. This brightens all the other flavors.

Worried about burning the roast? Stir those veggies once or twice. This gives them even color. It stops little pieces from getting too dark. Getting the roast right matters. It builds a deep, sweet flavor base. Fixing small problems builds your cooking confidence, too. **Which of these problems have you run into before?**

See also [Roasted Fennel with Crispy Olives](#)

## Your Quick Questions, Answered

**Q: Is this soup gluten-free?**

A: Yes, it is! Just check your broth label to be sure.

**Q: Can I make it ahead?**

A: Absolutely. It tastes even better the next day.

**Q: What if I don't have shallots?**

A: Use a small yellow onion instead. It will work just fine.

**Q: Can I double the recipe?**

A: You can. Use two roasting pans so everything roasts evenly.

**Q: Any optional tips?**

A: A sprinkle of toasted pumpkin seeds on top is lovely. \*Fun fact:

Butternut squash is actually a fruit!\* **Which tip will you try first?**

## From My Kitchen to Yours

I hope this soup warms your kitchen. It is one of my favorite winter hugs in a bowl. I love seeing your creations. It makes my day.

Please share your photos if you make it. Show me your cozy bowl. I would be so delighted to see. **Have you tried this recipe? Tag us on Pinterest!**

Happy cooking!  
—Elowen Thorn.



CREAMY WINTER  
SQUASH SOUP  
— NOEL —

## Creamy Winter Squash Soup Noel





[Print Recipe](#)



# **Creamy Winter Squash Soup Noel**

Author: Elowen Thorn



Cooking Method: [Roasting](#) [Blending](#) [Stovetop](#)



Cuisine: [American](#)



Courses: [Lunch](#) [Dinner](#) [Side](#)



## Creamy Winter Squash Soup Noel | 18

Difficulty: **Beginner**





Prep time: **20 minutes**



## Creamy Winter Squash Soup Noel | 20

Cook time: **50 minutes**



Rest time:



## Creamy Winter Squash Soup Noel | 22

Total time: **1 hour 10 minutes**



Servings: **6 servings**





## Creamy Winter Squash Soup Noel | 24

Calories: **250 kcal**

Best Season: **Summer**

## **Description**

A rich and velvety roasted butternut squash soup, sweetened with

apples and maple syrup, and finished with a touch of cream.

## Ingredients

- ☐ 1 medium butternut squash (about 3 pounds), peeled, seeded, and cut into 1 ½-inch chunks
- ☐ 1 ½ pounds Golden Delicious apples, peeled, cored, and chopped
- ☐ 3 medium shallots, peeled and quartered
- ☐ ¼ cup vegetable oil
- ☐ Salt and pepper
- ☐ 4 cups low-sodium chicken broth
- ☐ 1 tablespoon maple syrup
- ☐ 1 teaspoon cider vinegar
- ☐ ⅛ teaspoon ground nutmeg
- ☐ ¼ cup heavy cream

## Instructions

1. Adjust oven rack to middle position and heat oven to 450 degrees. Toss squash, apples, shallots, oil, 1 teaspoon salt, and ½ teaspoon pepper in large bowl, then arrange in single layer in large roasting pan. Roast, stirring occasionally, until vegetables are golden brown and softened, about 45 minutes.
2. Add ½ cup broth to pan and scrape up any browned bits with wooden spoon. Return to oven and cook until liquid has reduced and vegetables are glazed, about 5 minutes.
3. Working in 2 batches, puree squash mixture and remaining broth in blender until smooth. Transfer pureed squash mixture to large saucepan.
4. Stir in syrup, vinegar, nutmeg, and cream. Bring soup to simmer over medium-low heat, adding ¼ cup water at a time as necessary

to adjust consistency. Serve.

## Notes

Soup can be refrigerated in airtight container for 3 days.

Keywords: Butternut Squash, Soup, Winter, Creamy, Roasted