



## Air Fryer Butternut Squash Soup

Did you know butternut squash provides beneficial complex carbohydrates athletes need to fuel long runs, hard workouts and other intense efforts. Winter squashes are considered “good” carbs, and are lower on the glycaemic index, meaning they provide more steady, longer-lasting energy. Add butternut squash, carrots, and aromatics to an air fryer and watch dinner happen in minutes. Sprinkle the finished warming soup with a garlicky pepita topping for tasty crunch.

**Serves: 4, Prep time: 00:15, Cook time: 00:30**

### Instructions

1. In large bowl, toss squash, carrots, onion, whole garlic cloves, chili, thyme, and 2 tablespoons of olive oil. Transfer to air-fryer basket and air-fry at 400 F / 204 C, shaking basket occasionally, until vegetables are tender, about 30 minutes. Discard thyme sprigs.
2. Meanwhile, in small skillet on medium, cook sliced garlic in remaining 2 tablespoons of olive oil, stirring, until garlic begins to lightly brown around the edges, 2 minutes. Add pepitas (dried squash seeds) and paprika and cook for 1 minute; transfer to a bowl.

### Ingredients

- 1100 grams Squash, Butternut, Peeled, cut into 1-inch pieces (2 lb 7 oz)
- 2 Carrots, Medium, Cut into 1-inch pieces
- 1 Onion, Cut into 1/2-inch-thick wedges
- 4 Garlic, cloves, 2 whole and 2 thinly sliced, divided
- 1 Chili, Red Fresh
- 1 thyme sprigs, leaves picked
- 4 tablespoon Olive Oil, Divided
- 2 tablespoon Pepitas, Dried squash seeds
- 1/2 teaspoon Smoked Paprika

3. Transfer all but 1/2 cup of the squash to a blender, add 1 cup water and puree, gradually adding 3 more cups water, pureeing until smooth. Reheat if necessary and serve topped with sour cream or Greek yogurt and spiced pepitas and with crusty bread if desired.&nbsp;Serve topped with remaining squash.

Tip: Freeze leftover soup (without the cream and seeds) in an airtight container for up to 3 months. Thaw overnight in the refrigerator, then warm and top as desired.

I used store bought dried pumpkin seeds and Greek yogurt instead of sour cream. This soup is surprisingly filling!

I found the skin very tough so "peeled" it with a large knife. Scoop out the seeds and the fibrous material and discard.

**NUTRITIONAL INFORMATION (per serving):** About 280 calories, 15.5 g fat (2.5 g saturated), 5 g protein, 425 mg sodium, 36 g carb, 7 g fiber.

Original recipe on  
Goodhousekeeping.com

For a FREE recipe book click  
here&nbsp;[Chili Tri](#)