

## Butternut and Sweet Potato Soup



### INGREDIENTS

(4 portions)

800 gr Butternut Squash  
200 gr sweet potato (a decent size potato)  
[Extra virgin olive oil](#)  
1 red onion  
Ground nutmeg  
Salt  
Black pepper

### Description

A delicious and quick recipe, a perfect warming dish, easy to make and healthy. The butternut and sweet potato soup (Vellutata di zucca e patate dolci) can be kept in the fridge for a few days or frozen. This recipe not only is easy to make but can be varied, sweet potatoes can be replaced by leek or carrots and the butternut can be roasted instead of boiled for a more butternutty flavour. The secret of this recipe is to keep it simple.

### Preparation

Start by chopping the onion, fine, the butternut squash and the sweet potato. The cubes should be about a couple of centimeters and all of the same size so that they are ready together.

Place a saucepan over a medium heat with extra virgin olive oil and add the onion, fry for a minute then add the butternut and sweet potatoes cubes and keep frying for a couple of more minutes. Then add cold water (some recipes use vegetal broth, water keeps the flavour more delicate) until the cubes are covered and let it boil for about 25 minutes. Don't overcook the vegetables, once they are ready, add a pinch of salt, ground nutmeg and black pepper.

Remove the saucepan from the heat and, using a hand blender, blend the mixture until smooth. Serve with toasted or hard bread and a drizzle of extra virgin olive oil.