



Introduction

Butternut squash and ginger soup jamie oliver is a creamy and comforting soup that is perfect for the cold weather. This soup is made with roasted butternut squash, onion, garlic, ginger, vegetable broth, coconut milk, and spices. The butternut squash gives the soup a rich and sweet flavor, while the ginger adds a spicy and warming touch. The coconut milk makes the soup smooth and creamy, without adding any dairy. The spices, such as cumin, turmeric, and cinnamon, enhance the flavor and aroma of the soup. [This soup is easy to make, vegan, gluten-free, and nutritious.](#) It is a great way to enjoy the seasonal butternut squash and boost your immune system with ginger. You can serve this soup with some crusty bread, croutons, or fresh herbs. Enjoy this butternut squash and ginger soup as a cozy and delicious meal.

Jamie Oliver Butternut Squash And Ginger Soup Ingredients

Here's a simplified list of **ingredients** and **steps** for **Jamie Oliver's Butternut Squash and Ginger Soup**:

Ingredients:

- 1 medium butternut squash, peeled and chopped into chunks
- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of fresh ginger, peeled and grated
- 4 cups vegetable stock (or chicken stock)
- Salt and pepper to taste
- 1/2 teaspoon ground cumin (optional)
- 1/2 teaspoon ground coriander (optional)
- Fresh cilantro or parsley for garnish (optional)
- 1/2 cup coconut milk (optional, for creaminess)

Health Benefits of Butternut Squash and Ginger



1. **Rich in Nutrients:**

- Butternut squash is an excellent source of vitamins A and C, which support eye health, immune function, and skin health. Ginger provides vitamins B6 and C, both important for maintaining energy levels and immune system support.

2. **Boosts Immunity:**

- Both butternut squash and ginger are packed with antioxidants that help boost the immune system. Vitamin C in butternut squash helps fight off infections, while ginger contains compounds that have anti-inflammatory properties that support the immune response.

3. **Aids Digestion:**

- Ginger is known for its digestive properties, helping to alleviate nausea, reduce bloating, and support overall digestive health. Butternut squash, being high in fiber, promotes regular bowel movements and aids in digestion.

4. **Supports Weight Loss:**

- Butternut squash is low in calories but high in fiber, helping to keep you feeling fuller for longer. The anti-inflammatory compounds in ginger can also support weight loss by helping regulate blood sugar and reducing fat storage.

5. **Improves Heart Health:**

- Butternut squash is a great source of potassium, which helps regulate blood pressure. Ginger also supports heart health by improving circulation and reducing cholesterol levels, promoting overall cardiovascular health.

6. **Reduces Inflammation:**

- Ginger contains bioactive compounds like gingerol, which have potent anti-inflammatory effects. This can help reduce inflammation in the body, potentially alleviating conditions like arthritis and muscle pain.

7. **Improves Skin Health:**

- The vitamin A and C content in butternut squash helps promote healthy skin by



fighting free radicals and promoting collagen production. Ginger's antioxidant properties also help protect skin cells from damage.

8. **Regulates Blood Sugar Levels:**

- Ginger has been shown to help regulate blood sugar levels, making it beneficial for those with diabetes or those looking to prevent blood sugar spikes. Butternut squash has a low glycemic index, making it a good choice for maintaining stable blood sugar.

9. **Supports Eye Health:**

- Butternut squash is rich in beta-carotene, which the body converts into vitamin A. This vitamin is essential for maintaining good vision and preventing eye diseases like macular degeneration.

Calories in Butternut Squash and Ginger Soup (per serving):

Ingredient	Amount	Calories
Butternut Squash (1 cup)	205g	82 kcal
Ginger (1-inch piece)	5g	4 kcal
Olive Oil (1 tbsp)	13.5g	119 kcal
Onion (1 medium)	150g	60 kcal
Garlic (2 cloves)	6g	9 kcal
Vegetable Stock (1 cup)	240ml	12 kcal
Coconut Milk (1/4 cup, optional)	60ml	100 kcal

Total Calories (approx): 250–300 kcal per serving (depending on portion size and if coconut milk is used).

Jamie Oliver's Recipe for Butternut Squash and Ginger Soup

Here's **Jamie Oliver's Recipe for Butternut Squash and Ginger Soup** with step-by-step instructions:



Ingredients:

- 1 medium butternut squash, peeled and chopped into chunks
 - 1 tablespoon olive oil
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 - 4 cups vegetable stock (or chicken stock)
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 - 1/2 cup coconut milk (optional, for creaminess)
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Step-by-Step Recipe:

Step 1: Prepare the Vegetables

- Peel and chop the butternut squash into small, even chunks. Make sure the pieces are uniform for even cooking.
- Peel and chop the onion, and mince the garlic. Grate or finely chop the fresh ginger.

Step 2: Sauté the Aromatics

- Heat the olive oil in a large pot over medium heat.
- Add the chopped onion and sauté for about 5 minutes, until the onion becomes soft and translucent.
- Add the minced garlic and grated ginger to the pot and sauté for another 1-2 minutes, until fragrant. Stir frequently to avoid burning.

Step 3: Add the Butternut Squash

- Add the chopped butternut squash to the pot and mix it well with the onion, garlic, and ginger. This helps to coat the squash with the flavorful oils and aromatics.
- If using, sprinkle the cumin and coriander over the squash and stir to combine. These spices will add depth to the flavor.



Step 4: Add the Stock

- Pour in the vegetable or chicken stock and bring the mixture to a boil.
- Once it's boiling, reduce the heat and let it simmer for about 20-25 minutes, or until the butternut squash is tender and easily pierced with a fork.

Step 5: Blend the Soup

- Once the squash is soft, use an immersion blender directly in the pot to blend the soup until smooth and creamy.
- Alternatively, you can transfer the soup in batches to a countertop blender, blend it until smooth, and then return it to the pot. Be careful when handling hot liquids.

Step 6: Add Creaminess (Optional)

- Stir in the coconut milk (if using) to make the soup extra creamy and smooth.
- Taste the soup and adjust the seasoning with salt and pepper as needed.

Step 7: Serve

- Ladle the soup into bowls and garnish with fresh cilantro or parsley, if desired.
- Serve hot, and enjoy!

Tips for Customizing the Recipe

When it comes to customizing Jamie Oliver's Butternut Squash and Ginger Soup, the possibilities are endless. One way to add a twist is by incorporating different spices like cinnamon or cumin for an extra depth of flavor. For those who enjoy a bit of heat, a touch of chili powder can give the soup a kick.

Experimenting with various toppings is another fun way to customize your soup. Try adding toasted pumpkin seeds, crispy fried sage leaves, or even a dollop of Greek yogurt for creaminess.

For a heartier version, consider mixing in cooked quinoa or wild rice towards the end of cooking. This will not only add texture but also make the soup more filling.

If you prefer a smoother consistency, use an immersion blender to puree the soup until



velvety smooth. On the other hand, if you like some texture in your soup, simply mash part of the squash before serving.

Remember that cooking is all about creativity and personal taste – don't be afraid to play around with ingredients and techniques until you find your perfect bowl of Butternut Squash and Ginger Soup!

What To Serve With Butternut Squash And Ginger Soup

Looking to elevate your butternut squash and ginger soup experience? Pair this flavorful dish with a variety of tasty accompaniments that will take your meal to the next level.

Start by adding a dollop of creamy Greek yogurt or a swirl of coconut milk for an extra touch of richness. The contrast between the tangy yogurt and the warm, spicy flavors of the soup is simply divine.

For some crunch, consider topping your soup with toasted pumpkin seeds or crispy croutons. Not only do they add texture, but they also bring an added layer of flavor to each spoonful.

If you're craving something savory, serve your soup alongside a fresh arugula salad dressed with a light vinaigrette. The peppery greens will complement the sweetness of the butternut squash beautifully.

And don't forget about crusty bread! A slice of warm sourdough or a buttery roll is perfect for soaking up every last drop of this luscious soup.

How To Store Butternut Squash

Storing butternut squash is essential to keep it fresh for longer. Before storing, make sure the squash is dry and free from any dirt or residue. Store whole butternut squash in a cool, dark place with good ventilation. A pantry or cellar works well for this purpose.

If you've cut the squash, wrap the pieces tightly in plastic wrap or aluminum foil before refrigerating them. They can last up to 5 days in the fridge this way. Alternatively, you can freeze cooked or raw butternut squash cubes for future use.

For longer-term storage, consider freezing pureed butternut squash in airtight containers or



freezer bags. Properly stored, frozen butternut squash can last up to 12 months without compromising its taste or texture. Just remember to label your containers with dates for easy organization!

How To Reheat Butternut Squash

When it comes to reheating butternut squash soup, there are a few easy methods you can try. One option is to simply heat it up on the stovetop over low to medium heat, stirring occasionally to ensure even warming.

Another method is using the microwave – just place the soup in a microwave-safe container and heat in short intervals, stirring between each one until it reaches your desired temperature.

If you prefer an oven method, preheat your oven to a low temperature and warm the soup in an oven-safe dish for around 20 minutes or until hot.

No matter which reheating method you choose, be sure to give the soup a good stir before serving to mix any separated ingredients back together for that perfect creamy consistency. Enjoy your delicious butternut squash and ginger soup as if it were freshly made!

Enjoy this Delicious and Nutritious Soup!

As you take the first spoonful of Jamie Oliver's Butternut Squash and Ginger Soup, your taste buds are greeted with a symphony of flavors. The creamy texture of the butternut squash blends perfectly with the zesty kick of fresh ginger, creating a harmonious balance that will leave you craving more.

Each sip is like a warm hug on a chilly day, comforting and satisfying in every way. The aroma alone will transport you to a cozy kitchen filled with warmth and love. This soup is not just a meal; it's an experience that nourishes both body and soul.

With each ingredient carefully selected for its nutritional benefits, this soup packs a powerful punch of vitamins and antioxidants. You can feel good about indulging in this bowl of goodness knowing that it's as wholesome as it is delicious.



So sit back, savor each bite, and relish in the joy that comes from treating yourself to something truly special. Whether enjoyed solo or shared with loved ones, this Butternut Squash and Ginger Soup is sure to become a favorite comfort food in your culinary repertoire.

Conclusion:

Butternut squash and ginger soup by Jamie Oliver is a delightful and nourishing dish that can bring warmth to any meal. With its rich flavors, creamy texture, and health benefits, this soup is a must-try for anyone looking to enjoy a comforting bowl of goodness.

By following Jamie Oliver's recipe and adding your own personal touch, you can create a unique version of this classic soup that suits your taste preferences perfectly. Whether it's served as a starter or main course, it is sure to impress even the most discerning palate.

So gather your ingredients, sharpen your knives, and get ready to experience the deliciousness of butternut squash and ginger soup. Cheers to good food, good health, and good times around the table!