

Butternut Squash Ideas



I cut in half scoop out the seeds sprinkle with butter and brown sugar and bake .

I also brush with garlic and butter, stuff with fresh spinach, top with Parmesan cheese and bake

Cut in half, peel, cube and bake. It's delicious without any sugar too.

Soup! Roast and purée, cook diced onion, carrot, couple apples and couple potatoes in chicken stock, let cool a bit and purée and add to the butternut purée. Add rosemary sprig (that you remove later like bay leaf), thyme, bay leaf, little cinnamon and... black pepper

I add bacon in my soup. Filling and packed with nutrients. For my garnish, I like to add just a little bit of heavy cream and a dash of cayenne.

Pies...creamier than pumpkin

Ball has a Thai squash soup for canning! It's delicious.

Roasted, mashed, in pies, in risotto, in Mac and cheese, sliced like 'steaks', grilled, in bread, in spices cookies, smoothies, soup, salad

Butternut and black bean tacos.

Butternut Squash Ideas

Cut in cubes, season with olive oil, sea salt & pepper, bake until soft. Or Mash with butter, salt & pepper.

Even better. Our town has been giving out food boxes for free. They gave me 9 boxes. I gave out to boxes to family and neighbors. They didn't want the squash, so I have all of them.



Butternut squash, chicken, and Bok Choi in a ginger sauce DELICIOUS!

Butternut squash and ginger soup is also amazing 😊

Make pumpkin pies, any pumpkin baked goods, pumpkin custard.

Pasta sauce. I puree it with heavy cream and parmesan cheese. It's really good with shrimp or chicken

Butternut ravioli!

Roast, soup, remove seeds put a meatloaf mixture in the hollow and bake till tender. Acorn squash is good this way too.

Spinach, Chicken, and butternut squash lasagna

MARTHASTEWART.COM

Roasted Chicken and Butternut Soup Family favorite. Freezes well

Roasted Chicken and Butternut Soup <https://www.marthastewart.com/332311/roasted-chicken-and-butternut-soup>.

In any way you'd use pumpkin... in fact, butternut squash is actually what they use in canned pumpkin purée! Little known fact. 😊

Peel and cut them into 1-2 " chunks and freeze them. Then I roast them in the oven with olive oil! Yum !

Freeze it after cooking it and peeling. Put in freezer bags!

Sausage squash risotto!!!

Butternut Squash Ideas

I always grow these. Our favorites! Soup, roasted, mashed... it's always sweet and delicious! We store ours in the basement and they last for months

My mom bakes them n puts butter on top with black pepper

I make soup. Coconut milk and curry salt and pepper. Blend.

Make lasagna them with a white sauce. So good!

MOTHEREARTHNEWS.COM

Butternut Squash Lasagna Recipe - Real Food - MOTHER EARTH NEWS

<https://www.motherearthnews.com/real-food/seasonal-recipes/butternut-squash-lasagna-recipe-zmaz10onzraw>

Chopping it up into cubes, roasting and sprinkling with curry powder

Roasted with oil and chipotle garlic seasoning! 😊

Cut into rings and roasted is good - traditional brown sugar and butter. Makes a good purée for pies, puddings or creme brûlée

Butternut squash and shrimp risotto

Store in a cool, dark, dry place. They'll keep for months.

Butternut Squash and Black Bean Enchiladas Butternut squash, black beans, tomatoes, cilantro and spices are simmered in a skillet with green chilies and jalapeno, then wrapped in tortillas and baked in the oven with enchilada sauce and cheese

Pumpkin, Butternut Squash, Asparagus Ravioli w/ Butter and Sage Sauce

My aunt always made pies out of them. They make great fake pumpkin pie

I bake mine in the crockpot. I scoop out the meat and either make soup or I freeze the pulp for any other recipe. I froze some cubed too.

I love butternut squash soup, but I use coconut milk instead of heavy cream, carrots, and a hint of cayenne along with pancetta

Love them cut into fries, mix with olive oil and Cajun seasoning and bake till tender. My kids will only eat it this way.

Cut in half, Bake cut side down on cookie sheet, peel, and scoop out and freeze.

Butternut squash is what is used in addition to pumpkin to make the great canned pumpkin Libby's sells. Regular pumpkin has less flavor and too much water content. So...can it for pumpkin pie.

Cube , mix in olive oil , salt , pepper, onion , garlic powder, bake

Butternut Squash Ideas

I've pushed a shish kebab skewer through the squash the long way put in the oven at 3:50 and bake till it feels soft. Take it out of the oven cut the solid end off. Scoop out the seeds. Then scoop everything out and freeze or eat.

I used it to thicken chili

Squash soup, pasta sauce or baked with butter, brown sugar and cinnamon

Baby food! My grand baby loves them!

Great soup, risotto, roast it,

I roasted mine and then made a soup with it and added carrots, ginger and tumeric.

Butternut squash will last all winter if stored in a cool dry place. I halve mine take out seeds poke a few holes in each half, add brown sugar, butter, cinnamon bake til tender and enjoy

I love roasting it with olive oil and eating it as is with salt and pepper.

Love them roasted

Slice in half scoop out guts rinse coat in butter pepper and bake until done

Cut up in cubes, add italian sausage, onion, garlic. Fry it up together. Then last 5 minutes or so add spinach or kale. Easy one pot dish. Sometimes I put over pasta or rice.

Indian curry, and squash soup from Rebar cookbook are my two favorite ways to eat them

I like to cut mine into small pieces and smother with bacon, butter, onions and seasoning salt.

Squash soup is a favorite here! Yum! Or I could eat it baked with just butter! It's delicious!

Split lengthwise and after removing the seeds fill the cavity with brown sugar topped with butter. Bake until the squash is soft (about an hour). To serve, spoon the sugar syrup over the squash and enjoy.

Butternut squash makes great soup, I especially like the recipe using apples.

Make a butternut squash apple pie.

They are really good when pureed to thicken beans and soup

I roast mine with butter and maple syrup.

Cubed, steamed then top with siracha!

Taste of Home has a delicious soup. <https://www.tasteofhome.com/recipes/butternut-squash-soup/>

Butternut Squash Ideas

Last year I substituted cubed butternut in a Pumpkin chili recipe. I've never understood why the recipe called for the pumpkin to be pureed so I always cubed it. and it's even better if you brush with olive oil and broil before adding it to the dish.

Cook it, puree it, pour over spaghetti

I bake mine at 350. Scoop out seeds, mash with butter, salt, pepper and nutmeg and bag in 1 pound freezer bags and freeze.

I cook, puree, and use in recipes to replace pumpkin. Great for pies, muffins, bread, sweet potato casserole, and soup.

I make pumpkin pie with them

Cook, mash and add butter, a bit of brown sugar and syrup. Ummm...my favorite!

I cut them up and baked them on a cookie sheet with turnips and brussel sprouts

If you have to many cook add above ingredients put amounts needed for dinner and freeze delicious

I make a ton of soup with those guys. And the soup (I basically add broth, cream cheese, milk and you could add coconut flakes too or coconut milk) also makes a delicious sauce for noodles like tortellini.

They will keep for months in a cool dark place, like a pantry, as long as they are cured properly (look for a very dry stem and thick hard skin). For cooking, just Google butternut squash recipes. Enjoy them roasted or made into soup, ravioli, etc.,

Butternut squash pasta sauce

Butternut squash and apple soup. Freezes well too!

Soup. Pierogi. Ravioli. Squash Bake with butter, brown sugar and cinnamon, Roasted. Cube and freeze.

Leave them on the kitchen counter throughout the winter

Curry

Really good diced season with garlic, salt and pepper and roasted with olive oil!

I like it steamed and mashed with butter salt and pepper.

Little butter, add a liitle brown sugar, yummmm

Soup, roast them with root veggies and chicken, pumpkin pie, eat them mashed.

Bake them with butter and brown sugar, yummy!

Optum in half put brown sugar on the air maybe some bacon scoop them out

The squash will store well into next year if kept cool

Butternut Squash Ideas

Cut them into take out all the seeds, sprinkle with brown sugar and sprinkle with cinnamon and put butter on top put on cookie sheet and set oven to 350 and bake until done

I make big fat butternut squash noodles by using a vegetable peeler and sautéing them with whatever you like



Slice in half scoop seeds rub olive oil over it stuff the hole with peaches and sprinkle cinnamon on to and cook at 350 You Can add brown sugar for a more indulgent treat also works with apples and delicata squash my second favorite

I slice them in half set cut side up in a Pyrex dish. Scoop out the seeds. Put a little butter & brown sugar in the "bowl" & roast. About 1/2 way done add some chopped apple. Also either more brown sugar or maple syrup. Finish roasting.

Something different: peel and cube along with peeled and cubed potatoes, spread on cooking sheet. Lay bacon strips over the top and bake at 400 for 25 minutes. It's great as a side or for breakfast with scrambled eggs 😊

This is the best ever: Mix with fresh ginger cut into cubes & freezer it
Pull out a bag & mix in to mashed potatoes . Any soul any pasta & pie crust yummmmmm

Autumn Squash soup panera bread recipe. Wonderful soup

Soup or lasagna!

I peel, remove seeds, cube meat and freeze. Then pull out chunks to sauté in butter as a side, put into stews, soups or chowders, or blend with onion and apples for a yummy fall soup!!

BONAPPETIT.COM

Hasselback Butternut Squash with Bay Leaves Recipe

Hasselback Butternut Squash with Bay Leaves Recipe

<https://www.bonappetit.com/recipe/hasselback-butternut-squash-with-bay-leaves>

Butternut Squash Ideas



TASTY.CO <https://tasty.co/recipe/vegan-butternut-squash-al-pastor-tacos>

Vegan Butternut Squash Al Pastor Tacos Recipe by Tasty
[Vegan Butternut Squash Al Pastor Tacos Recipe by Tasty](#)

I peel cut them up and mash them add butter and cinnamon and sugar

Cubed and oven roasted with olive oil salt and butter. 🥰

I make a bisque with this. Cook them all ahead of time, freeze in bags with three cups each and make either straight bisque or shrimp bisque. 🍷

Cube and roast with garlic, salt and pepper and olive oil. Also excellent with mushrooms.
Cook and puree and use like you would pumpkin (we use puree in our chili, cookies and pumpkin/squash soup and pancakes

My favorite squash because I can use in...

I had some roasted left over and made a butternut squash banana bread that was really good. Found on google.

Baked in the oven with butter until soft add salt and pepper, in soups, steamed, mash and sub for potatoes, sub for pumpkin anything

Bake and make butternut squash soup, the one with bacon and maple syrup is amazing

You can chunk and roast, I like to cut them in half the long way and remove the seeds. Then I put butter and brown sugar and maple syrup on it and bake at 350 until you insert a knife with no resistance. Usually about 45 minutes

Cube, add brown sugar and butter. Oven at 350 until tender. Love it and we have it ever thanksgiving and Christmas

My favorite squash We bake scoop out and freeze in ziploc bag.

Use it in place of pumpkin. With little brown sugar and butter—oh my god! Cut a slice raw and toast it for a few minutes then add a layer of peanut butter. So so good.

COMEINTOTHEGARDEN.ORG

Butternut Squash Soup version 1

<https://comeintothegarden.org/recipes/butternutsquashsoup.html>

Version 2

<https://comeintothegarden.org/recipes/butternutsquashsoup2.html>

Butternut Squash Ideas



ComeIntoTheGarden.org | Butternut Squash Soup ver.2

Butternut squash raviolis in a brown butter sage sauce.

I chunk it, roast with apples , cinnamon and mace. Also I love it with kale, Italian sausage, onions, and parmesan cheese baked in the oven. I've also used it to make pies.

Freeze for Thanksgiving. Buttered squash for a traditional side dish and puree it and use like pumpkin.

We make it into a salad. Cut into cubes, boil then slice red onion add to the cooled squash. Make a basic vinaigrette with apple cider vinegar not balsamic vinegar. Toss and enjoy either warm or cooled down

Cook and mash then make pies. Use the pumpkin pie recipe. yum.

We cut it up and roast it with other fall/winter vegetables which include sweet potatoes, turnups, parsnips, and onion. Toss the chunks in olive oil and herbs. Bake at 400 . I'll also put Brussel sprouts and carrots in too.

They make a great filling for lasagna or ravioli

Chunk it up and roast in the oven like potatoes, add herbs as you wish.

I just made a recipe with butternut squash, spinach and chicken. It was yummy

I helped edit a community cookbook and there was a marvelous recipe for a butternut soup with coconut cream and curry. I developed a dehydrated recipe that was powdered and easy to prepare in less than 3 minutes. It won best in the dehydrated division ...

[See More](#)

My Grandpa Efram used to say "What's better than a pumpkin pie?...2 squash pies". I dry salt and toast cleaned seeds. Taste just like pumpkin seeds! Yummy! Better than store brands that look like they've been painted white.

You can store in a dark dry place. Chop em up and freeze