

Butternut Squash Soup



PREP TIME:
10 MINUTES

COOK TIME:
40 MINUTES

TOTAL TIME:
50 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 5-6 Servings

Ingredients:

- 3 lbs. Cubed Butternut Squash
- 2 TBSP Olive Oil
- 2 Honeycrisp Apples – Peeled and Chopped
- 2 D’Anjou Pear – Peeled and Chopped
- 1/2 Large Red Onion – Chopped
- 40 oz. Vegetable Broth
- 2 Teaspoon Himalayan Sea Salt Plus 1/2 Teaspoon for Roasting Squash
- 1/2 Teaspoon Nutmeg
- 1/4 Teaspoon Ginger
- **Optional: 5.4 oz. Can Organic Coconut Cream**

Instructions:

1. Preheat oven to 425 Degrees.
2. Place butternut squash into large mixing bowl. Add 1 TBSP olive oil and 1/2 Teaspoon salt. Toss with spoon until coated.
3. Spray cookie sheet with olive oil, pour squash onto cookie sheet. Roast in 425 degree oven for 20 minutes, tossing half-way through. Depending on oven – may need 5 more minutes.
4. Once fork goes through squash easily, remove from oven and set on counter.
5. While squash is roasting, prepare onion and fruit. In large sauté pan, add 1 TBSP olive oil. Let warm up and then add onion – cook for 5 minutes on medium heat.
6. Add diced apples and pears – season with 1 Teaspoon salt. Let cook for about 8 minutes. Add 4 oz. vegetable broth. This will help soften the fruit. Cook another 2 minutes until soft.
7. In a blender, combine the squash, onion/fruit mixture and vegetable broth. Blend until smooth – at least 30 seconds for each batch.

8. Another option is to pour all into a large pot and use an immersion blender.
9. Pour all blended soup mixture into large pot.
10. Add and stir in remaining sea salt (1 teaspoon), nutmeg and ginger.
11. Let simmer at least 15-20 minutes before serving.
- 12. *Optional: Top Soup with 1 TBSP Organic Toasted Pumpkin Seeds. Can also add in a 5.4 oz. can of organic coconut cream for a more rich/creamy soup.***

***Try and use all organic ingredients if possible.**

ChristiHealthCoach.com