

Root Veggie & Squash Soup



PREP TIME:
15 MINUTES

COOK TIME:
30 MINUTES

TOTAL TIME:
45 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 5-6 Servings

Ingredients:

- 1.25 lbs. Organic Butternut Squash - Chopped
- 16 oz. Carrots (*I did baby carrots*) - Chopped
- 16 oz. Parsnips – Peeled & Chopped
- 2 TBSP Olive Oil + 1 Teaspoon
- 1/2 Large Red Onion – Chopped
- 5-6 Garlic Cloves - Chopped
- 40 oz. Vegetable Broth
- 1/2 Teaspoon Himalayan Sea Salt Plus 1/2 Teaspoon for Roasting Veggies
- 1 Teaspoon Dried Thyme
- 1/2 Can of Coconut Milk – use about 6.5 ounces
- ***Optional: 5.4 oz. Can Organic Coconut Cream***

Instructions:

1. Preheat oven to 425 Degrees.
2. Lightly spray 2 cookie/baking sheets with olive oil.
3. Place butternut squash into large mixing bowl. Add 1 TBSP olive oil and 1/2 Teaspoon salt. Toss with spoon until coated.
4. Evenly spread out onto baking sheet.
5. Place carrots and parsnips into large mixing bowl. Add 1 TBSP olive oil and 1/2 Teaspoon salt. Toss with spoon until coated.
6. Evenly spread out onto baking sheet.
7. While the veggies roast, prepare the onion, garlic, and thyme. In small sauté pan, add 1 teaspoon olive oil. Add onion once warmed up, cook until starts to become translucent. Add garlic and thyme along with a pinch of sea salt. Cook another 1-2 minutes. Set aside.
8. Roast both veggie filled pans for 15-20 minutes, tossing half-way through. Depending on oven – may need 5 more minutes.
9. Once fork goes through veggies easily, remove from oven and set on counter.

10. In a blender (may need to do several batches depending on size of blender), combine the squash, parsnips, and carrots along with vegetable broth. Blend until smooth – at least 30 seconds for each batch.
11. Another option is to pour all into a large pot and use an immersion blender.
12. Pour all blended soup mixture into large pot.
13. Add in coconut milk and stir until completely blended.
14. Let simmer about 10 minutes before serving.
- 15. Optional: Top Soup with 1 TBSP Organic Toasted Pumpkin Seeds / microgreen broccoli sprouts**

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

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