



BUTTERNUT SQUASH SOUP

Serves 4-6

Feel free to scale this recipe up for plenty of leftovers.

INGREDIENTS

- 5 CUPS ROASTED BUTTERNUT SQUASH
- 2 TB COCONUT OIL, AVOCADO OIL, OR BUTTER
- 2 TB BUTTER (USE COCONUT OR AVOCADO OIL FOR PALEO)
- 1 CUP DICED CELERY
- 1 CUP DICED ONION
- ½ CUP SLICED CARROTS
- 1 SM TO MED GRANNY SMITH APPLE, CHOPPED
- 3 CUPS CHICKEN BROTH

SEVERAL DASHES:

- NUTMEG
- GROUND CINNAMON
- CAYENNE
- UNREFINED SEA SALT
- GROUND BLACK PEPPER

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Cut butternut squash in half and remove seeds.
3. Lay on a baking sheet and brush with oil, such as coconut or avocado oil.
4. Roast squash for 50-60 minutes or until it begins to brown.
5. Remove squash from the oven and allow to cool a bit.
6. Meanwhile, saute onions, celery, carrots, and apple in butter over medium heat until tender.
7. Add broth.
8. When squash is cool enough to handle, scoop the flesh out of the skin and add to the pot of broth and veggies.
9. Bring mixture to a boil, then reduce heat and simmer, covered, for about 15 minutes.
10. Pour soup and seasonings into a high powered blender or use an immersion blender to puree.
11. Serve hot.
12. Excellent sides include salad, or [homemade crackers](#) and sliced apples.

