

Butternut Squash Soup

Prep Time: 15 minutes

Cooking Time: 20 minutes

Yields: 8 - 10 servings

Prep Notes: none

Category: Soups & Stews

Source: The Hungry Healthy Girl

The Ingredients

- 4 cups of peeled, cubed and roasted butternut squash
- 1 large apple, peeled, cored and cubed
- ½ of large yellow onion, diced
- 1 tablespoon coconut oil
- ½ to 1 teaspoon curry powder (add to your taste)
- 3.5 cups vegetable broth
- ½ cup almond milk (I use unsweetened vanilla almond milk)
- 1 teaspoon salt
- a few dashes of cinnamon or two drops of Cinnamon Bark or Cassia essential oil



Directions

- Roast cubed butternut squash that has been seasoned with cinnamon and salt for 30 minutes at 425 degrees F.
- Meanwhile, in a large skillet over med-high, sauté apple and onion in coconut oil with curry powder and a few dashes of salt.
- Add broth, milk and squash in the large skillet (or deep dutch oven for one pot easy cooking) to above mixture and bring to a boil. Reduce heat and simmer uncovered for 20 minutes.
- Use an immersion blender or transfer soup to a high-speed blender or food processor and blend until soup is smooth and creamy.