

Roasted Butternut Squash and Sweet Potato Soup

8 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

4 cups Butternut Squash
2 tbsps Extra Virgin Olive Oil (divided)
4 Sweet Onion (diced)
2 tbsps Ginger (grated)
6 cups Water
3 stalks Celery (diced)
3 cups Sweet Potato (diced)
3 cups Carrot (diced)
1 bulb Garlic (diced)
2 tps Curry Powder
1 tsp Scotch Bonnet Pepper (diced)
2 tps Sea Salt (divided)
2 cups Organic Coconut Milk

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 226 | Cholesterol | 0mg |
| Fat | 14g | Sodium | 637mg |
| Carbs | 23g | Vitamin A | 7510IU |
| Fiber | 3g | Vitamin C | 23mg |
| Sugar | 11g | Calcium | 95mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

- 01 Preheat oven to 400°F . Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
- 02 Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add your olive oil. Add the onion, carrots, garlic, sweet potato, celery, curry powder, scotch bonnet pepper and ginger and saute for about 5 minutes or until soft.
- 04 Add in the water, cooked squash and the sea salt. Reduce heat to a simmer. Let simmer until all the vegetables are fully cooked.
- 05 Add coconut milk. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
- 06 Divide soup between bowls and garnish with cilantro and green onion if desired. Enjoy!

NOTES

MORE PROTEIN

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

STORAGE

Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.