

ROASTED BUTTERNUT SQUASH SOUP

By Dr. Cindy Tanzar

Now that the days are getting colder, soup is one of our most requested recipes. This soup is so hearty and by just changing the spices, you can create very different recipes with a variety of flavors.
Makes 4 servings.



INGREDIENTS

- 1 large butternut squash, halved lengthwise and seeded
- 1 Tbs. coconut and avocado oil
- ½ cup chopped shallot or onion
- 4 garlic cloves, minced
- 1/8-1/4 tsp. ground nutmeg **OR** 1/2 -1 tsp. cumin (to taste)
- Pink Himalayan salt & ground pepper, to taste
- 3-4 cups chicken broth
- 2 lbs. butter

INSTRUCTIONS

Preheat oven to 425°F. Line a baking sheet with parchment paper. Brush oil on inside of squash and season with salt and pepper. Place squash cut side down on parchment and roast until tender – approximately 45-50 minutes. When cool enough to handle, scoop out the flesh into a bowl and discard the skin.

In a large soup pot, heat oil over medium heat. Add shallots or onion. Cook, stirring until soft and turning golden brown on edges. Add garlic, sautéing for about 1 minute. If you have an immersion



blender, add squash, nutmeg (or cumin), salt and pepper to pot, along with 3 cups of chicken broth. If you like a thinner soup, add more broth. Stir in butter and serve.

If using a blender, add garlic, onions, squash nutmeg (or cumin), salt and pepper, along with 2 cups broth. Do not fill past maximum fill line. Blend well, then return contents to pan. Then add 1-2 more cups of broth to your liking, along with the butter. Heat and serve.