



cara price

PUMPKIN SQUASH SOUP

INGREDIENTS

- 1 large butternut squash
- 1 yellow onion, peeled & chopped
- 1 fennel bulb, sliced
- 1 large sweet apple, peeled, cored & chopped
- 4 cups vegetable broth
- 2 - 15 ounce cans pumpkin puree
- 1 can {full fat} coconut milk
- 6 cloves garlic
- 1/4 cup olive oil
- 1 tablespoon dried thyme
- 2 teaspoons salt (+ more as needed)
- 1 teaspoon pepper
- 1/2 teaspoon ground sage

DIRECTIONS

preheat the oven to 350°. place the whole butternut squash into the oven for 1 hour to bake. allow to cool enough to slice open & scoop out flesh.

In a large stockpot, heat the olive oil over medium high heat & sauté the onion & fennel for 5 minutes, stirring occasionally.

turn heat down to low & add the butternut squash, pumpkin puree & garlic to the pot. stir everything together.

add in all other ingredients {except coconut milk}, turn heat up & bring to a boil for about 2-3 minutes. cover pot with a secure lid, reduce heat to low & cook 1 hour.

turn off the heat, remove the pot from burner & add in coconut milk. use an immersion blender & puree soup until smooth.

serve immediately

due to the size of the butternut squash, the amount of salt you will need will vary. i always start with 2 teaspoons in this recipe. once it is done, taste it, adding in more salt by 1/4 - 1/2 teaspoon increments until you get the desired seasoning.