

Turmeric Butternut Blender Soup

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3-4 cups butternut squash or one large butternut squash cubed
- 1-2 tbsp extra-virgin olive oil (evoo)
- 4-6* cups of chicken or veggie stock
- 2 white onions or shallots, chopped
- 1 heaping tsp ground organic turmeric
- 1/2 tsp ground organic ginger or one knob fresh ginger
- Juice from half a lemon
- Pinch sea salt
- Kale chips and roasted chickpeas for garnish (optional)

Instructions:

1. Preheat oven to 350F degrees. Spread butternut squash evenly over a parchment covered baking sheet, drizzle with extra-virgin olive oil (EVOO) and bake until tender for 30-40 minutes.
2. Heat chicken or veggie stock on stove on medium heat. Then reduce heat to keep warm.
3. Meanwhile, saute onions with extra-virgin olive oil for a few minutes, or until tender.
4. Once butternut squash is done, remove from oven and let cool for 10 minutes.
5. Add the squash, onions, stock, spices and lemon juice to a blender or food processor and give it a good blitz until creamy and smooth.
6. Give it a taste test, if it's to your liking, you can enjoy immediately.
7. Once the taste is to your liking, garnish with kale chips and roasted chickpeas and enjoy!

Notes:

Serves 4. *I put a range for the stock because you can add the liquid slowly and adjust it to your liking. As you can see from my photo, I like it pretty thick and creamy.