

Simple Butternut Squash Soup

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 butternut squashes, cubed (approx. 8-10 cups)
- 2 white onions, chopped
- 2 cans (14oz ea) full fat organic coconut milk
- 2 tbsp extra virgin olive oil
- Sea salt and black pepper

Instructions:

1. Preheat oven to 350F degrees. Place butternut squash into a baking dish, drizzle with olive oil and season with sea salt and pepper. Cover with a lid and bake for 1 hour or until squash is fork tender.
2. Meanwhile, sauté the onions on medium in a touch of olive oil until slightly brown.
3. Let squash and onions cool. Then puree. There are a few different ways to puree. Either place both ingredients into a food processor or blender, add coconut milk and blend until creamy. Or, place all ingredients into a large soup pot and blend with an immersion blender.
4. Reheat the soup before eating. Just don't heat it too hot otherwise the good fat will curdle in the coconut milk. Add any seasonings you wish.

Notes:

Depending how big your squashes are you may wish to add more liquid for a thinner consistency. If you've run out of coconut milk, just add a touch of water as needed.