

BUTTERNUT SQUASH SOUP

1 medium to large butternut squash, roasted, seeds removed
2 T. avocado oil
1 yellow onion diced
2 cloves garlic diced
1 tsp salt
1-quart chicken (or desired flavor) bone broth
olive oil (optional)
pumpkin seeds (optional)

1. Roast the squash, puncture the skin with a knife every 1" square over the entire squash, and roast at 400°F for 45 minutes. Remove seeds and scoop out flesh when done.
2. Heat oil in a large stock pot, add onion, garlic, salt, and simmer for 5-10 min. until the onion is sweating
3. Add bone broth and roasted squash, simmer for another 20-30 min.
4. Puree with an immersion blender until smooth
5. Serve and swirl some olive oil on top, add pumpkin seeds and serve.



Alternatively, add everything but olive oil and seeds to a slow cooker, cook on low for 8-10 hours and come home to a ready-to-eat hot soup!

MotherTheStorm.

