

Happy~Healthy~Blessed

Butternut Squash Soup



Ingredients:

- 4 T. coconut oil
- 1 large carrot diced
- 1 large stalk celery, diced
- 1 medium onion chopped
- 1 medium squash cubed, skins and seeds removed
- 4 C. chicken stock
- 1/2 C. organic heavy cream
- Real salt and pepper to taste
- Nutmeg for topping (optional)

Directions:

In a Dutch oven or large pot melt coconut oil. Add onions, carrots and celery, cook until translucent (about 4 minutes). Add squash and stir well. Add chicken stock and salt and pepper and cook 30-40 minutes, until squash is tender. Take soup off of burner and let cool slightly. In several batches put soup in food processor or blender and blend until smooth. Pour soup back into pot and whisk in cream. Serve with nutmeg on top.

Rejuvenate Refresh Relax