

Butternut Squash Soup

SERVINGS
6

PREP TIME
10 MIN

COOK TIME
30 MIN

TOTAL TIME
40 MIN

Indulge in velvety-smooth luxury with this creamy butternut squash soup! Squash and apples meld with warming spices in a rich and creamy, decadent, and filling broth.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 2 T Minced Garlic

- Heat a generous drizzle of olive oil in a 6 qt stockpot.
- Dice onion and saute over medium heat.
- Add minced garlic, mix well, and cook about 5 minutes.

2

- 1 Apple
- ½ (16oz) Bag Baby Carrots
- 2 lb. Butternut Squash (Pre-Cut, if possible or 1 medium Whole Squash)

WHILE ONIONS ARE COOKING

- Peel, core, and dice apple.
- Cut carrots (in half or thirds).
- Add apple, carrots and squash to pot. Mix well.
- ✧ Pre-cut squash is so easy, but if you are unable to purchase it just peel, seed, and cut whole squash into 1" cubes.

3

- 1 (15oz) Can Garbanzo Beans

- Drain and rinse beans and add to pot.

4

- 2 tsp Thyme
- 1 Bay Leaf
- 1 tsp Salt
- ½ tsp Pepper
- ½ tsp Cinnamon
- ¼ tsp Cayenne Pepper

- Add all spices to pot and mix well. Let spices heat up, 1 to 2 minutes.

5

- 1 (32oz) Container Vegetable Broth
- 1 Can Reduced Fat Unsweetened Coconut Milk

- OPTIONAL TO SERVE WITH:**
- Pumpkin Seeds

- Add broth and coconut milk to pot and mix well.
- Bring to a low boil for 30 minutes.
- Turn off flame, allow to cool 5 minutes.
- Discard bay leaf.
- Carefully blend with an **immersion blender**. If you don't have an immersion blender, allow mixture to cool longer and blend in blender (in batches if necessary) or mash by hand with potato masher.
- Check flavors and add additional spices as necessary. More Salt likely needed.

OPTIONAL INSTANT POT INSTRUCTIONS:

Add all ingredients, **except for coconut milk**, to pressure cooker and set to "High Pressure - 8 minutes" Start. When cooking is complete carefully turn vent to release pressure. Use immersion blender to puree mixture and add coconut milk to finish.