

Vegan Butternut Squash Soup

SERVINGS
6-8

PREP TIME
5 MIN

COOK TIME
40 MIN

TOTAL TIME
45 MIN

Enjoy the velvety-smooth richness of this Vegan Butternut Squash Soup, where sweet apples and aromatic spices blend into a thick, creamy, and deeply comforting bowl of fall flavor.

ORGANIZING
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Ingredients

Directions

1

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

- Heat a generous drizzle of olive oil in a 6-quart stockpot over medium heat.
- Dice the onion and sauté for about 5 minutes, stirring often, until soft.
- Add the minced garlic, stir to combine, and cook for another 1–2 minutes, stirring frequently to prevent burning.

2

- 1 Apple
- ½ (16 oz) Bag Baby Carrots (or about 1 Cup Diced Carrots)
- 2 lb Pre-cut Butternut Squash (or 1 medium whole squash)

WHILE ONIONS ARE COOKING

- Peel, core, and dice the apple.
- Cut the carrots into halves or thirds.
- Add the apple, carrots, and squash to the pot, and stir to combine.
- ✧ Pre-cut squash makes prep a breeze! If using a whole squash, peel, seed, and cut into 1-inch cubes.

3

- 1 (15oz) Can Garbanzo Beans

- Drain and rinse the beans, then add them to the pot.

4

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

- Add all the spices to the pot and stir well to coat the vegetables evenly.
- Let the mixture cook for about 5 minutes, allowing the spices to bloom and deepen in flavor.

5

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

OPTIONAL TO SERVE WITH:

- Pumpkin Seeds

- Pour in the vegetable broth and coconut milk, stirring to combine.
- Bring the mixture to a gentle boil, then reduce heat and simmer for about 30 minutes.
- Turn off the heat and let the soup cool for 5 minutes.
- **Remove the bay leaf.**
- Carefully blend the soup with an immersion blender until smooth. If you don't have one, let it cool a bit longer and blend in batches using a regular blender, or mash by hand for a more rustic texture.
- Taste and adjust the seasonings as needed.

OPTIONAL INSTANT POT INSTRUCTIONS: Add all ingredients except the coconut milk to the pressure cooker. Set to High Pressure for 8 minutes and start. When cooking is complete, carefully release the pressure. Blend the soup with an immersion blender until smooth, then stir in the coconut milk to finish.