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Roasted Butternut Squash Soup

Ingredients:

- 2 small butternut squash, seeded, peeled, cubed
- 1 leek, sliced into chunks
- 1 onion, quartered
- 3 tbsp unrefined coconut oil, divided
- 2 stalks of celery, chopped
- 2 tbsp fresh thyme
- 4 cups chicken broth
- 1/8 tsp nutmeg
- 1/8 tsp cinnamon
- sea salt & pepper to taste

PREPARATION:

1. Preheat oven to 350°.
2. Roast squash, leek, onion, and 2 tbsp coconut oil for 30 minutes. Turn once or twice.
3. In a large pot, heat 1 tbsp coconut oil and sauté celery until soft, about 5 minutes.
4. Add roasted vegetables, broth and spices to the celery. Bring to a boil and simmer for 10-15 minutes until vegetables are soft.
5. Place the soup in a blender in small batches. Make sure to leave the feeder cap open to allow for steam to escape. Blend until desired texture.
6. Return soup to pot to warm through.
7. Add additional stock to desired consistency if needed.

Serves about 6