

Crocktoberfest

5 - BUTTERNUT SQUASH SOUP

Recipe

INGREDIENTS:

- 1 Tbsp extra-virgin olive oil
- 1 medium yellow onion, diced (about 1 1/2 cups total)
- 2 medium butternut squash (approx. 6 pounds), peeled, seeded, and chopped into 1" pieces
- 2 medium apples (sweet, tart or a mix), cored, diced, no need to peel
- 2 cups low-sodium vegetable broth or low-sodium chicken broth
- 1 tsp kosher salt
- 1/2 tsp ground nutmeg
- 1/4 tsp black or white pepper (for a milder taste)
- 1/4 tsp cayenne pepper
- 3/4 cup light coconut milk –
(may use up to 1 1/2 cups from one 14-oz can)

OPTIONAL TOPPINGS:

- Toasted pumpkin seeds
- Chopped fresh sage
- Coconut cream, coconut yogurt (for dairy free), or regular nonfat Greek yogurt (if dairy free isn't a priority)

INSTRUCTIONS:

- Lightly coat a 4-quart or larger slow cooker with nonstick spray.
- In a medium saucepan, heat the olive oil over medium heat. Add the onion and cook until softened and fragrant, about 8 - 10 minutes, stirring occasionally.
- Place the onions, squash, apples, broth, salt, pepper, nutmeg, and cayenne pepper in crockpot.
- Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours, until the squash and apples are tender.
- Add 3/4 cup coconut milk.
- Puree the soup with an immersion blender or carefully transfer to a food processor or blender. Be extremely careful not to overfill as hot soup likes to splatter!
- Return the soup to the slow cooker once complete – if you'd like the soup thinner, add additional coconut milk until desired consistency is reached.
- Taste and adjust seasonings as desired.
- Serve hot with your favorite toppings!

