Butternut Squash Soup in the Crockpot

Put in crockpot:

4-one lb. bags of frozen butternut squash
3 small/medium peeled, chopped sweet potatoes
1 chopped apple (optional—if you prefer more savory, then omit)
1 quart of chicken broth (could be vegetable broth or bone broth, your choice)
1 package of "Right Rice"

Add spices:
2-3 tsp. of dried cumin
1 .5 tsp dried rosemary
½ t. dried thyme
1 tsp. salt (more or less to taste)
Ground pepper
¼ cup. Chopped, crispy-cooked bacon.

Sauté one minced onion (about a cup) until translucent.
Add 2 tsp. chopped garlic. Sauté another couple of minutes

Add to crockpot. Cover and cook on high for 4 hours.

Use the immersion blender to blend all ingredients (or put in big blender—I don't like doing it in the big blender, because it's messy).

Let simmer for another hour on low.

Serve with your favorite toppings.

Note about "Right Rice"—I discovered this at a local Mediterranean restaurant and bought some online. It tastes like rice but is made with vegetable protein. This lent a very creamy, thick texture to the soup before I blended it. Everyone enjoyed.

