

Roasted Butternut Squash Soup

Ingredients:

2 pounds Butternut Squash (peeled, seeded, and cut into chunks)
2 Pears (or Apples), cored and cut in chunks
1 Leek (sliced)
2 Garlic Cloves
2 T Coconut Oil
3-4 cups Broth (chicken or vegetable)
1 t Salt 1/2 t Pepper 1/2 t Cinnamon



Directions: Preheat oven to 400 degrees. Combine all vegetables and pears and toss with spices and coconut oil in large baking pan. Roast vegetables until tender (about an hour). Blend vegetables together with broth in a countertop blender (may need to be done in batches—add more broth for a thinner and less for a thicker consistency) or in a large pan with an immersion blender. Season as desired and garnish with fresh grated parmesan or mozzarella cheese and/or chopped pecans.

Notes: Other winter squash (ie. Acorn, Kabocha, Turban, Hubbard or Pumpkin) can be substituted for butternut. If squash is tedious to peel it can be roasted separately and peeled (easily) after it has been cooked.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(1/8 Recipe about 1 cup):**

Calories: 142

Fat: 4 grams

Protein: 4 grams

Carbohydrates: 24 grams

Fiber: 5 gram

Sodium: 538 mg

Vitamin A: 249%

Vitamin C: 51%

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