

SWEET POTATO BUTTERNUT SOUP



INGREDIENTS:

- 2 Tbsp extra-virgin olive oil
- 1 large yellow onion, chopped
- 1/2 tsp sea salt
- 1 (3-lb) butternut squash, peeled, seeded, and cubed
- 2 medium sweet potatoes, peeled and cubed
- 2 medium honeycrisp apples, peeled and sliced
- 3 garlic cloves, chopped
- 1 tsp grated fresh ginger
- 3 c. vegetable broth, less for thicker soup
- 1 can unsweetened coconut milk
- 1 Tbsp cinnamon
- 1/4 tsp nutmeg
- Freshly ground black pepper to taste
- Salt to taste

INSTRUCTIONS:

- Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of black pepper. Sauté until soft, 5-8 minutes
- Add garlic and ginger
- Add butternut squash, apples, and sweet potatoes. Stir and cook 2 minutes, until fragrant, then add vegetable broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until squash is tender, 20-30 minutes
- Add cinnamon, nutmeg, and coconut milk. Blend until smooth
- Season to taste and serve



SERVES

4



PREP

15 min



COOK

45 min

NOTES