



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Roasted Butternut Squash Soup

Ingredients

1 Large Butternut Squash
Halved (top to bottom) and
Seeded

2 Tablespoons Coconut Oil

$\frac{3}{4}$ Teaspoon Salt

$\frac{3}{4}$ Teaspoon Freshly Ground
Black Pepper, or to Taste

$\frac{1}{2}$ Cup Chopped Shallots

4 Garlic Cloves, Minced

$\frac{1}{4}$ Teaspoon Ground Nutmeg

3 Cups Organic Vegetable
Broth

2 Tablespoons Extra Virgin
Olive Oil

Preheat oven to 425°F. Place the butternut squash on a pan.
Coat the inside of the squash with 1 tablespoon coconut oil.
Sprinkle with $\frac{1}{2}$ teaspoon salt and pepper.

Roast the squash facedown until it is tender, about 45 minutes.

Place on a cutting board and let the squash cool for 10 minutes,
then scoop flesh into a bowl and discard the skin.



Food Energy Plant

aburge@angelaburge.com

www.angelaburge.com

209-404-5130



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Warm remaining 1 tablespoon coconut oil in a skillet over medium heat and add the chopped shallots and ¼ teaspoon salt. Cook 4 minutes, stirring until the shallots turn golden, then add the garlic and cook about 1 minute, stirring.

Place the cooked garlic and shallots in a high-speed blender. Carefully add the squash flesh, nutmeg, and ¼ teaspoon black pepper, and blend with vegetable broth until creamy.

Place soup in saucepan and cook at medium heat for 10 minutes. Top each serving with a sprinkling of olive oil and black pepper.

Makes 6 servings, should be ~ 12 ounces each.



Food Energy Plant

aburge@angelaburge.com

www.angelaburge.com

209-404-5130