



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

Roasted Butternut Squash Soup

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

2 Tablespoons Coconut Oil

¾ Teaspoon Salt

**¾ Teaspoon Freshly Ground Black
Pepper, or to Taste**

½ Cup Chopped Shallots

4 Garlic Cloves, Minced

¼ 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 ½ 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.

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.

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