



ME Recipe: Butternut Bisque Soup

Ingredients:

- 1 Tablespoon coconut oil
- 1 Tablespoon fresh ginger, grated.
- 1 teaspoon garlic, minced.
- 1 yellow onion, 2 stalks celery, 2 peeled carrots, 1 Granny Smith apple coarsely chopped.
- 2 pinches of salt
- 1 butternut squash* peeled, seeded, chopped coarsely
- 2 sweet potatoes, peeled, chopped coarsely.
- 1 teaspoon pumpkin spice, 2 teaspoons basil, and 1/8 cayenne pepper, 2 Tablespoons of orange zest.
- 4 cups organic chicken broth
Juice of 1 orange
- 1 cup pumpkin puree
- 1 14.5-oz. can of light coconut milk

Directions:

1. Melt 1 Tablespoon coconut oil melted over medium high heat in a stock pot. Add grated ginger and minced garlic. Stirring, sauté in oil for 30 seconds.
2. Put yellow onion, celery, carrots, apples coarsely, and 1 pinch of salt into pot. Sauté for about 5 minutes, or until soften.
3. Add, butternut squash and sweet potatoes. Also pumpkin spice, basil, cayenne pepper, orange zest, and 1 pinch of salt. Stir for about a minute.



5. Add chicken broth, juice of 1 orange, and 1 cup pumpkin puree. Bring to boil. Reduce to simmer. Cover for 10–15 minutes or until the squash and potato are cooked.

6. Heat coconut milk through, either in the a saucepan or microwave.

7. In a food processor or blender, blend a couple of ladles of soup and a bit of coconut milk. Put into a big bowl. Repeat until soup and coconut milk are blended.

8. If needed, put back into pot and heat through.

9. Serve with a dollop of plain greek yogurt, fresh chives, dill or basil.

*Baked Butternut Squash: You can make ahead, and it's easier to cut and peel. Preheat the oven to 350 degrees. Rinse squash. Take a sharp knife and poke several holes in the squash. Put on a baking sheet and bake for 60 minutes.