



BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1 ounce olive or coconut oil
- 2 butternut squash peeled, seeded and diced into 1-inch cubes
- 1 large yellow onion, diced
- 1 teaspoon salt
- 1 teaspoon black pepper
- ¼ teaspoon red chili flakes
- ½ cup cooking sherry
- ½ cup maple syrup
- 1 quart low-sodium vegetable broth
- 2 quarts coconut milk
- 1 bunch chopped parsley or chives for garnish



INSTRUCTIONS

1. Heat oil in large stock pot.
2. Add diced onion, chili flakes, salt and pepper.
3. Sauté until onions are translucent.
4. Add squash, vegetable broth and maple syrup.
5. Cover and cook until tender.
6. Puree with hand mixer until smooth.
7. Add coconut milk and adjust salt and pepper to taste.
8. Garnish with chopped parsley or chives.

Makes 10 8-ounce servings.

Nutrition facts

Serving size: 1 cup

Calories: 163
Carbohydrate: 24 g
Total fat: 6 g
Protein: 2 g
Sodium: 379 mg