

Dreamy Roasted Butternut Squash Soup from Melissa Costello of Karma Chow (<http://karmachow.com>)

The hand blender is the best way to puree it, but the food processor or even blender would work just as well. It goes great with some baguette bread.

ENJOY!!!!!!

6-8 servings

- 1 large butternut squash, roasted (this can be done a day before serving)
- 2 tablespoons olive oil or coconut oil
- 1 large shallot, diced small
- ½ large yellow sweet onion, diced
- 1-inch piece fresh ginger, peeled and grated
- 1 large garnet yam or sweet potato, peeled and cubed
- 2 stalks celery, diced
- 5 carrots, peeled and chopped
- ½ teaspoon cumin powder
- 4 cups vegetable broth
- 2 tablespoons agave nectar or maple syrup
- Sea salt and pepper, to taste
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- Pinch of cloves
- 1½ cups unsweetened almond milk or coconut milk (if you're not vegan, feel free to use regular milk – I would think it will still be delicious)
- Toasted pumpkin seeds (for garnish)

Heat the oven to 400 degrees F. Cut squash in half lengthwise. Line a baking dish or cookie sheet with parchment paper and lightly coat with cooking spray (olive oil or coconut). Place the squash cut side down on the baking dish or sheet and poke holes in it with a sharp knife or fork, then spray squash with cooking spray. Bake for about 45-minutes or until the squash can be easily pierced with a fork. Take out of the oven and let it cool.

Heat the oil in a large pot over medium heat. Add the shallot, onion, and ginger, and sauté for about 3 minutes until soft and translucent. Add the yam, celery, and carrots. Sauté for a few minutes and then add the cumin powder, stirring to incorporate. Add the broth. Cover the pot and bring to a boil. Turn down the heat and simmer until the vegetables are tender, about 20 minutes.

While the soup is cooking, remove the seeds from the squash and discard. Scoop out the flesh from the skin and add to the pot, stirring to incorporate the squash with the other vegetables. Add a bit more broth if necessary. Cook for about 5 more minutes, then remove from the heat and add the agave nectar, salt and pepper, cinnamon, nutmeg, cloves, and the almond milk. Puree the soup using a hand blender or in batches in a regular blender. Serve garnished with toasted pumpkin seeds.

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