

Eva's Favorite Squash and Apple Soup



This delicious soup doesn't require roasting vegetables, which prolongs cooking time.

Equipment:

Immersion blender (which is what I used) or a high-speed electric blender.

Ingredients:



- 2 tablespoons of ghee (clarified butter)
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 quart of chicken broth or vegetable broth
- 2 pounds (about 10 cups) butternut squash, peeled and cut into 1 inch cubes
- 2 Granny Smith apples, unpeeled, cored and cut into cubes
- Freshly grated peel of ½ a lemon
- 1 ½ tablespoons of grated ginger root
- 1 ½ teaspoons of sea salt
- ½ cup of coconut butter or coconut milk
- 2 tablespoon of freshly squeezed lemon juice
- 1 ½ teaspoons of turmeric powder
- ¼ teaspoon of freshly ground black pepper
- Olive oil for garnish
- Roasted pumpkin seeds for garnish
- Fresh cilantro, finely chopped, for garnish

Directions:

1. In a large saucepan melt the ghee. Add onion and garlic, and cook for 8 minutes until brown.
2. Add the broth, butternut squash, apples, grated lemon peel, ginger and salt. Cover and simmer on medium low for 40 minutes or until the squash is soft.



3. Remove from heat and stir in the coconut butter (or milk) and lemon juice. Cool for 10 minutes and add turmeric and pepper. Puree in batches in a high speed blender or using the immersion blender.



4. Pour into bowls, garnish with olive oil, pumpkin seed and cilantro.

Store leftovers in a glass container in the refrigerator for up to 5 days or freeze. The soup is so delicious that it won't last 5 days in my refrigerator!

Enjoy!

This recipe was adapted from *Cooking for Hormone Balance* by Magdalena Wszelaki.