

## Roasted Butternut Squash Soup



### Ingredients:

- 1 medium Butternut squash
- 2 cups Vegetable stock
- 1 large Onion, diced
- 1 Carrot, peeled and chopped
- 4 cloves Garlic, minced
- 1 Granny smith apple, peeled, cored and chopped
- ½ tsp. Sage
- ½ tsp. Salt
- ¼ tsp. Black pepper
- Pinch Each: Cayenne pepper, cinnamon and nutmeg
- 1x400mL can Aroy D coconut milk (or cream)

### Slow cooker directions:

1. Preheat oven to 400F.
2. Slice both ends off the butternut squash and then slice in half lengthwise. Place on a buttered baking sheet face down and bake for 40 minutes or until easily pierced with fork.
3. Once the butternut squash is cooked, scrape out the insides into a slow cooker along with the remaining ingredients, except the coconut milk. Cook on high for 3-4 hours or low for 6-8 hours.
4. Add the coconut milk then use an immersion blender to puree the soup until smooth. Taste and season with anything else such as salt, pepper, cayenne pepper...etc.
5. Enjoy 😊

### Stovetop directions:

1. Preheat oven to 400F.
6. Slice both ends off the butternut squash and then slice in half lengthwise. Place on a buttered baking sheet face down and bake for 40 minutes or until easily pierced with fork. Once cooked, scrape out the insides into a bowl and set aside.
2. Heat some olive oil in a large pot on medium heat and fry the onion and carrot for ~3 min or until the onion becomes slightly translucent. Add the garlic to the pot and fry for another 1 min or until the garlic becomes fragrant.
3. Add the roasted butternut squash to the pot along with the remaining ingredients. Bring to a light boil, cover then reduce heat to low and simmer for 15-20 minutes.
4. Use an immersion blender to puree the soup until smooth. Taste and season with anything else such as salt, pepper, cayenne pepper...etc.
5. Enjoy 😊