BUTTERNUT SQUASH SOUP

1 medium to large butternut squash, roasted, seeds removed

2 T. avocado oil

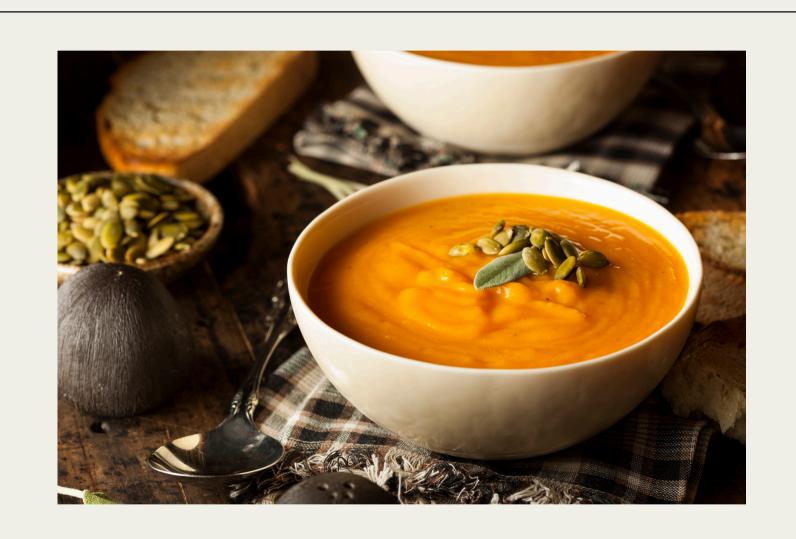
1 yellow onion diced

2 cloves garlic diced

1 tsp salt

1-quart chicken (or desired flavor) bone broth olive oil (optional) pumpkin seeds (optional)

- 1. Roast the squash, puncture the skin with a knife every 1" square over the entire squash, and roast at 400°F for 45 minutes. Remove seeds and scoop out flesh when done.
- 2. Heat oil in a large stock pot, add onion, garlic, salt, and simmer for 5-10 min. until the onion is sweating
- 3. Add bone broth and roasted squash, simmer for another 20-30 min.
- 4. Puree with an immersion blender until smooth
- 5. Serve and swirl some olive oil on top, add pumpkin seeds and serve.



Alternatively, add everything but olive oil and seeds to a slow cooker, cook on low for 8-10 hours and come home to a ready-to-eat hot soup!

