

Butternut Squash, Carrot and Coconut Soup

A filling soup, full of yummy vegetables that you will want to make more than once!

Preparation Time: 20 min

Cooking Time: 60 min

Servings: 4-5

Ingredients:

Amount	Ingredient	Cost – date:
1 small	Butternut Squash	
5 large	Carrots, peeled, chopped into large pieces	
4 Tbsp	Olive Oil	
1/2	Yellow onion, chopped	
3 cloves	Garlic, minced	
1 cup	Vegetable Broth	
1 tsp	Salt	
1/4 tsp	Ground Black Pepper	
1/4 tsp	Ground Ginger	
1 can	Coconut milk	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil and spray with nonstick cooking spray.
2. Cut the squash in half lengthwise and remove seeds with a spoon. Place the cut side down on the prepared sheet. Place the carrots on the sheet as well and drizzle with 2 tbsp. olive oil. Cook for 45-60 minutes until tender. Check the carrots after 30 minutes and remove from sheet when tender.
3. Heat the remaining 2 tbsp. olive oil in a large pot and cook onions and garlic until tender.
4. Allow the squash and carrots to cool, then place in a high-powered blender with vegetable broth with onions and garlic. Puree until smooth.
5. Return mixture to pot. Add salt, pepper, ginger, and coconut milk and bring to a simmer. Taste and add more salt if desired.
6. Enjoy!

SOURCE: www.fortheloveofgourmet.com

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!