

Simple Roasted Butternut Squash Soup



Ingredients:

- 2 lb. cubed butternut squash
- 1 medium onion, halved and sliced into wedges
- 4 cloves garlic, peeled
- 1 tsp. sea salt
- 1/4 tsp. freshly ground black pepper
- 2 tbsp. avocado oil, or another heat-safe oil
- 2 c. chicken broth or more, as needed
- 1 can (about 13 1/2 oz. size) coconut milk, or 1 cup heavy cream
- Diced apple and crumbled, cooked bacon, optional

Directions:

1. Preheat oven to 425°F.
2. Put squash cubes, onion, and garlic cloves on a large rimmed baking sheet. Sprinkle with salt, pepper and drizzle oil over top. Use your hands to toss everything around so it's evenly coated.
3. Roast for 35–40 minutes on a lower oven rack, tossing things around with a spatula a couple of times during cooking.
4. Transfer roasted items to a medium to large soup pot. Add chicken broth and heat to a simmer. Let it simmer for about 5 minutes and then blend it with an immersion blender (or in batches with a countertop blender) until smooth.
5. Stir in coconut milk or cream. Add a little more salt, if needed, before serving. Top with diced apple and crumbled, cooked bacon, if desired.