



EASY BUTTERNUT SQUASH & APPLE SOUP

By Dr. Cindy Tanzar

(Standard, Maintenance & Vegan/Vegetarian Plans)

Soup doesn't have to be difficult or time-consuming. It just needs to be delicious!

This recipe was submitted by Gayle Gwaltney, who is a fabulous cook. Having made a large number of the Genesis recipes, Gayle understands our commitment to delicious food that promotes great health. This recipe is a great example.

Thanks, Gayle!

Makes 4 servings. One serving equals 1-1/2 cups and covers your vegetable and fat for one meal.



INGREDIENTS

- 1 medium butternut squash, peeled and diced
- 1/2 large onion, chopped
- 1/2 organic Granny Smith apple, peeled and chopped
- 1/4 cup avocado oil
- 4 cups chicken broth (vegetable broth for vegetarian)
- 1/4 cup canned coconut milk (mixed well) (can use heavy cream)
- 1/4 tsp Pink Himalayan salt
- 1/8 tsp black pepper
- 1/8 tsp ground nutmeg



INSTRUCTIONS

Place squash, onion, apple, avocado oil and chicken broth into a 3-quart saucepan. Bring to a boil, then reduce heat to low and simmer until tender.

Remove from heat. Using an immersion blender, blend until smooth. Add salt, pepper, nutmeg and coconut milk/cream and blend again.

Note: If you don't have an immersion blender, you can put the simmered contents into a tall blender in batches, adding the salt, pepper, nutmeg and coconut milk afterwards and mixing by hand.

If you don't have a blender large enough, try using a regular hand mixer. It may not be quite as smooth, but will have a rustic texture while still providing great flavor.