

Fall Butternut Squash Soup

Servings 4



Nutrition Information

Calories	282
Carbs	26 g
Protein	3 g
Fat	20 g
Saturated fat	7 g
Sodium	733 mg
Potassium	856 mg
Fiber	4 g
Sugar	5 g
Calcium	108 mg

This might be the easiest, most delicious butternut squash soup ever! It'll undoubtedly become a fall favorite for you and yours

Ingredients

- 1 large (at least 2.75 lbs) [butternut squash](#)
- 3-4 Tbsp [extra virgin olive oil](#)
- Generous sprinkle of [salt and pepper](#)
- 1 small [onion](#), finely chopped
- 1 [garlic clove](#), finely minced
- 1/2 tsp [salt](#)
- 1/4 tsp ground white [pepper](#)
- 1/8 tsp [cardamom](#)
- 1/8 tsp [ground nutmeg](#)
- 2 cups [vegetable broth](#)
- 1/2 cup full or low-fat [coconut milk](#)

Directions

1. Cut skin off squash, then cut squash into small cubes.
2. Add oil to saucepan, then squash, salt, and pepper, and cook about 7 minutes.
3. Add onion and garlic, and cook about 15 minutes until all veggies are tender.
4. Add the rest of the ingredients to saucepan, cook until hot.

5. Add all ingredients to blender, blend until smooth.

6. Serve.

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