



# BUTTERNUT SQUASH SOUP

## MAKES 6 SERVINGS

### Ingredients:

- 2 c cooked butternut squash (or use canned)
- 2 c low sodium vegetable broth
- 1 medium onion, diced
- 2 carrots, peeled and diced
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp ground ginger
- 1 c canned coconut milk (mix well before measuring)

### Directions:

To cook butternut squash: Preheat oven to 350 degrees. Place butternut squash on a baking pan and bake for 45 minutes, until the squash is tender. Remove from oven and allow squash to cool. Cut the squash lengthwise and remove the seeds with a spoon. Discard the seeds. Scoop flesh out for use in the soup.

In a sauce-pan, cook carrots, onion, baking soda, and spices in veggie broth until soft. Let cool then transfer to a blender and add the squash and coconut milk. Blend the mixture until smooth. Return blended mixture to pan or put in Crock-Pot to warm.