

## Butternut Squash and Sweet Potato Soup



### Ingredients

1 medium butternut squash, peeled, seeded and diced  
1 large sweet potato, peeled and diced

1 small onion, diced  
2 medium carrots, peeled and diced  
1 large clove of garlic, minced  
4 cups or 1 carton of organic vegetable or chicken broth  
1 tsp curry powder  
1/2 tsp turmeric  
1-2 tsp fresh grated ginger (Prep tip: I keep mine peeled in the freezer just for times like this!) - to taste  
1/2 tsp salt or to taste  
Fresh cracked black pepper to taste  
1/2 cup full fat organic canned coconut milk  
2 tbsp extra virgin olive oil  
Roasted pepitas for garnish

### Directions

- Heat oil in a soup pot. Add onion and garlic and saute until softened. Add all remaining prepped veggies and spices. Stir to combine. Add broth. This should cover the veggies. Bring to a simmer and cook until all vegetables are tender, approximately 20-30 minutes.
- If you have an immersion blender, blend all ingredients right in the pot until smooth or to your preferred consistency. If not, let the pot cool and process it in a high speed blender, bring careful it is not so hot it generates steaming pressure. When done, return to pot and slowly reheat.



- Add the coconut milk last, stirring gently so it dissolves into the soup.
- Dole it out and top with roasted pepitas.

This soup is loaded with fiber and beta carotene, which boosts immunity and reduces inflammation. It also makes you feel like you're wrapped in a fuzzy blanket on a cold day. Enjoy!

Recipe adapted from: [Makingthymeforhealth.com/butternut-squash-sweet-potato-soup-vegan](http://Makingthymeforhealth.com/butternut-squash-sweet-potato-soup-vegan)