



8 SERVINGS



75 MINUTES



77 CALS

Butternut Squash Soup with Coconut Milk

SHANNON LLEWELLYN

Ingredients

- 1 2-lb butternut squash
- 4 tbsp bacon grease or olive oil
- 8 cloves garlic
- 1 tbsp dried thyme
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 3 cups broth (vegetable, beef or chicken)
- 11.5 oz full fat coconut milk

Instructions



PREP: 20M

| COOK: 55M

| READY IN: 1H 15M

1. Preheat oven to 400 degrees.
2. Wash and dry the butternut squash. Slice off a small portion from the bottom so it stands upright. Cut from the top down the center, making two halves. Scoop out seeds and place on a baking sheet. Brush 2 T of bacon grease or olive oil on the cut sides and season with salt and pepper.
3. Roast, cut side down for 40 minutes.
4. Heat remaining 2 T of bacon grease or olive oil in a large saucepan over medium heat. Sauté minced garlic, cinnamon, nutmeg and thyme until fragrant. Add coconut milk and broth. Simmer but do not boil.
5. Scoop butternut squash from shells and add to the soup mixture. Use an immersion blender to puree until smooth.
6. Serve hot with optional garnishes. (Garnish Ideas: bacon bits, croutons, green onions, sundried tomatoes, sautéed spinach, jalapenos, sour cream, crème fraiche, toasted pumpkin seeds or walnuts.)