

Butternut Soup

Ingredients

2 Butterkins (roasted at 375)

3 Carrots (roasted at 375)

1 granny apple

1 large onion

2 garlic cloves (minced)

1 cup salted cashews

2 t Garam masala

2 t Cumin

1 t turmeric

1 t puréed/minced ginger

1/2 t chipotle sauce

4 cups of chicken broth (4t of chicken bouillon)

Salt (about 1-1.5t) & pepper (about .5 t)

Olive oil

2 T butter

Directions

1. Sauté onions until soft
2. Add diced apples and sauté for a few minutes
3. Add mince garlic
4. Add cashews and sauté for another few minutes
5. Add spices except chipotle sauce
6. Scoop out squash and add to Dutch oven
7. Dice roasted carrots and add to Dutch oven
8. Add chicken broth
9. Let soup simmer for 10-15 min
10. Add 1/4 t chipotle sauce or to taste
11. Blend everything in a Vitamix

