



Buttercup Squash Soup w/ Turmeric & Smoked Paprika

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Holistic Nutrition |

Mindful Eating | Menopause Mastery

Full of resistant starch for your gut,
squash also has Vitamin A for skin,
immunity, eyes and all round
anti-oxidant properties!

Your dog can even eat squash!

****Check with your vet, my dog loves
squash, it's good for diarrhea, but it
may not be appropriate for your pet****

Grab:

1 medium buttercup squash
2 tablespoons ghee, coconut oil,
butter or a fat you like
2 cups leeks, whatever parts you like,
green, white or mix it up. I love the
green parts some don't
2 large carrots, chopped
2 stalks celery, chopped
2 cloves garlic, chopped
1 inch knob of ginger, peeled,
chopped
½ teaspoons each cardamom,
Cinnamon, turmeric
½-1 teaspoon smoked paprika
4 cups (or so, depending on the
consistency you like) of stock (again,
your choice, veggie or chicken)
1-2 tsp salt
Black pepper to taste

1. Preheat oven to 350° F. Cut the squash in half, and scoop out the seeds. Place cut side down in a casserole dish and add water to ½ inch.

I can't do centimeters, sorry. 😞 Roast until soft, about 45 minutes to an hour, depending on the size of your squash.

2. In a stockpot, melt the ghee (or whatever fat you chose), then add leeks, carrots, celery, garlic and ginger. Add the dry spices and stir for 5 minutes, until fragrant.

3. Meanwhile, scrape the cooked flesh of the squash out, and set aside.

4. Add stock, and simmer until all veggies start softening. Add the squash and cook just a few minutes more to blend flavors and make sure all is cooked.

5. Adjust the taste with Salt and Pepper.

6. Blend in your mixer!

😊 Optional Add-Ins: maple syrup (if you like sweetness, add a dash), sour cream, coconut cream, orange zest, parsley (chopped and sprinkled) pumpkin seeds, walnuts, hemp seeds, roasted lentils. The ideas are endless for soup toppings! Makes roughly 8 cups.