Butternut Squash and Ginger Soup



Prep time: 20 minutes

Cooking time: 45 minutes

Servings: 8

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 cups yellow onion chopped
- 2 cups carrots chopped
- 2 teaspoons garlic minced
- 4 cups vegetable broth
- 8 cups butternut squash peeled and cut into 1-inch cubes
- 1 teaspoon dried thyme
- 2 large bay leaves
- 2 tablespoons fresh ginger minced
- 1/2 teaspoon ground nutmeg
- 1 13.5 ounce can unsweetened coconut milk
- Salt and pepper to taste
- Fresh thyme to garnish

Directions:

Get ready: Preheat your oven to 375°F.

- Over medium high heat, coat the bottom of a soup pot with olive oil. Add onions, carrots, and garlic. Cook stirring often, until onions have a slightly translucent appearance and carrots are slightly soft (about 2 minutes).
- Add broth, butternut squash, dried thyme, bay leaves, ginger, and nutmeg and bring to a simmer (note: it may seem like there isn't enough liquid, but don't add more liquid to achieve the right consistency and have a thick soup rather than a watery soup). Cover and allow to simmer, stirring occasionally, on medium-low heat until carrots and squash are soft and easy to stab with a fork (about 10-15 minutes).
- Remove from heat and remove the bay leaves. Use an immersion blender to blend the soup directly in the pot until the contents are smooth. (Or carefully spoon all the contents into a blender, blend until smooth, and return the blended soup to the pot).
- Stir in the coconut milk. Garnish with fresh thyme and add salt and pepper to taste. Serve warm.

Recipe compliments of owforagecookferment.com