

Totally Delicious Butternut Squash Soup



INGREDIENTS

- 2 Tbsp. olive oil
- 2 yellow onions, chopped
- 4 shallots, minced (optional, but adds lots of flavor)
- 4 cloves of garlic, minced
- 1 Tbsp. fresh ginger
- 4 cups water or vegetable broth
- 1 Tbsp. chili powder
- 2 medium butternut squash (or 5-6 cups of pre-cubed frozen butternut squash)
- 1 ripe banana
- 1 green apple
- 1 hot pepper, whole
- 2 tsp. salt
- 1 lime, juiced

DIRECTIONS

1. Cook butternut squash by roasting, boiling or microwaving, or for quick prep, buy frozen butternut squash cubes and cook according to package directions.
2. Saute onions, shallots and garlic in olive oil until soft.
3. In stock pot, add onion mixture to drained and cooked butternut squash. Add water or vegetable broth to vegetable mixture.
4. Grate ginger. Peel and core apple and grate. Add ginger, apple, chili powder, peeled banana, and whole hot pepper to soup mixture. Cook for 20 -30 minutes.
5. In small batches, puree soup in blender. Add lime juice and season with salt before serving.



NUTRITION FACTS *6 servings*

Calories: 160	Total Carbohydrate: 30 g
Fat: 5 g	Dietary fiber: 5 g
Sodium: 399 mg	Protein: 3 g