



# — BUTTERNUT SQUASH SOUP —

Prep: 15 mins / Cooking Time: 35 mins / Serves: 4

## Recipe Amount & Shopping List

1 Chopped Onion, 2 TBSP Coconut Oil, 1 TSP Cinnamon,  
1/2 TSP Nutmeg, 1 TSP Sea Salt  
Peeled/Chopped Butternut Squash, 1 Quart Chicken Stock



## How to make

- 1) Sautee onion in oil in large pot
- 2) Add cinnamon, nutmeg, and salt
- 3) Add squash to pot and pour in stock
- 4) Boil squash until tender
- 5) Purée soup until tender
- 6) Garnish with cinnamon and chopped walnuts

