A Wellness Minute Recipe

Butternut Squash Soup



INGREDIENTS

4 cups combined total cubed butternut, acorn, and zucchini squash

1-1½ cup sliced carrots

1-1½ cup cubed leek

6 cups organic chicken broth

2 tablespoons extra virgin olive oil

1 teaspoon salt

white pepper to taste

1 teaspoon thyme

DIRECTIONS

- 1. Place olive oil in a large kettle. Add cubed leeks and sliced carrots. Sauté for 5-10 minutes at medium to medium low heat.
- 2. Add remaining ingredients. Broth should come to the top of the vegetables.
- 3. Cover and cook at a low flame ½ hour. Uncover and continue to simmer for another ½ hour.
- 4. When finished, puree with a hand blender or in small batches with counter blender to desired consistency.
- *For a festive look, serve in a hollowed out pumpkin or acorn squash.