

Classic Butternut Squash Soup



Serves 6

Ingredients

2 Tbsp	Extra-Virgin Olive Oil
2/3 cup	Carrot, diced
1/2 cup	Celery, diced
2/3 cup	Onion, diced
1/2 tsp	Fresh Thyme, chopped
1	Butternut Squash
4-6 cups	Chicken Broth, low sodium
	Salt & Pepper to taste

Instructions

1. Cut butternut squash in half, clean out insides.
2. Face up, bake @400° F for 30-40 minutes or until able to poke with a fork. Let it cool enough so you can handle. Scoop out squash.
3. Heat olive oil in a large soup pot, Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, about 5 minutes.
4. Add butternut squash and thyme. Stir to combine with the vegetables. Stir in chicken broth and season with salt and pepper.
5. Bring to a boil, reduce heat. Use an immersion blender to puree soup.

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Angela Stanford, MBA, RD, RYT

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925-389-7107 www.vitalandwell.com

***Use organic ingredients whenever possible**

***Dairy and Gluten-free**

Recipe contributed by Vital Nutrition & Wellness client, Christine Lew, participant in the Nourishing You™ Cleanse. Source: Whole Foods Market. For more recipes as healthy and delicious as this one visit www.vitalandwell.com.

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