



BUTTERNUT SQUASH CARROT GINGER SOUP

COURTESY OF FIT

DIFFICULTY: MEDIUM

TOTAL TIME: 20 MINUTES

SERVES: 4 PEOPLE

ACTIVE: 15 MINUTES

INGREDIENTS

- 1 tablespoon butter or coconut oil
- 1 large onion, finely chopped
- 3-4 large carrots, chopped
- 1 butternut squash, peeled, seeded, and chopped (approximately 2/3 pound)
- 1-2 inches fresh ginger, peeled and minced (can use ginger paste)
- 1 teaspoon salt
- ½ teaspoon pepper
- 3-5 fresh cloves garlic (or 1 teaspoon garlic powder)
- 1 teaspoon turmeric
- 1 quart chicken stock (highly recommended homemade stock for optimal flavor)
- 1 tablespoon honey
- ½ cup heavy cream
- 1 tablespoon fresh lemon juice or cider vinegar (to taste)

INSTRUCTIONS

1. Prepare all vegetables as instructed. When handling ginger, peel it first, slice it thin across the grain, and then mince to avoid tough fibers in the soup.
2. In a sturdy soup pot, sauté the chopped onion in butter until golden brown.
3. Add the remaining vegetables, ginger, salt, pepper, garlic powder, and turmeric. Cook for about 5 minutes, until the mixture is lightly browned and fragrant.
4. Pour in the chicken stock and add honey. Bring the mixture to a simmer, cooking until the vegetables are very soft (test by smashing with a spoon). Turn off the heat.
5. Carefully use an immersion blender to puree the soup (be cautious as it's hot!).
6. Stir in the heavy cream and lemon juice. Adjust the seasonings to your taste.