

Slow Cooker Butternut Squash Soup



This slow-cooker butternut soup recipe is rich, creamy, and full of delicious butternut flavor. It's also naturally vegan and gluten-free.

Prep Time: 20 minutes | **Cook:** 30 minutes | **Ready in:** 50 minutes | **Servings:** 6-8

Ingredients

- 2 cups vegetable stock
- 4 medium raw garlic cloves, peeled and minced
- 1 carrot, peeled and chopped
- 1 Granny Smith apple, cored and chopped
- 1 medium (uncooked) butternut squash*, peeled, seeded, and chopped (pre-peeled, seeded, and chopped squash is available at Trader Joe's) and at various supermarkets
- 1 sprig fresh thyme
- 1 cup raw white onion, chopped
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne
- Pinch of ground nutmeg
- ½ cup canned (unsweetened) coconut milk

*A medium-sized butternut squash should weigh about 3 pounds.

Instructions

1. Add vegetable stock, garlic, carrot, apple, butternut squash, thyme, onion, salt, pepper, cayenne, and nutmeg to a small (4-quart) slow cooker or large (6-quart) slow cooker. Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the thyme. Stir in the coconut milk.
3. Use an immersion blender to purée the soup until smooth. (Or, you can transfer the soup in two batches into a traditional blender, and purée until smooth, being very careful when working with the hot liquid).
4. Serve warm.

Nutrition Information (per serving)

Calories: 125 Total Carbohydrate: 25 g
Total Fat: 1 g Protein: 3 g
Sodium: 161 mg

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.

Source: www.gimmesomeoven.com; www.myfitnesspal.com



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