



# BROCCOLI SQUASH SOUP



METHOD

OVEN



TIME

45 MIN



SERVES

6 SERVINGS

## INGREDIENTS

3 T olive oil  
3 cloves garlic, minced  
1 T ground ginger  
1 T curry powder  
(can substitute 1T turmeric and  
¼ tsp black pepper if avoiding nightshades)  
1 onion, chopped  
2 c chopped broccoli  
2 c cubed butternut squash  
2 carrots, chopped  
4 cups low-sodium vegetable broth  
1 can coconut milk  
Salt and pepper to taste  
Avocado and pumpkin seeds for garnish

## DIRECTIONS

*Add olive oil, garlic and onion to a large soup pot and sauté for approx. 8 minutes on low heat.*

*Add spices and mix to coat.*

*Add broth and vegetables. Bring to a boil and then simmer for approx. 20 minutes until vegetables are tender.*

*Add coconut milk and hand blend until smooth.*

*Add salt and pepper to taste*

ENJOY WITH CUBED AVOCADO AND A GENEROUS SPRINKLE OF PUMPKIN SEEDS FOR PROTEIN!