

GOOD – BETTER - BEST BUTTERNUT SQUASH SOUP

Into a large soup pot on medium heat add:

- ✓ 1 yellow onion, chopped*
- ✓ ½ BULB of garlic (that's about 5-6 cloves), peeled, smashed, and chopped*
- ✓ *make sure to let these prepared allium family vegetables rest at least ten minutes before cooking. See my book, *Toolkit for Wellness* page 162 to learn why.
- ✓ Extra Virgin Olive Oil to cover the bottom of a soup pot
- ✓ A dollop of grass fed butter for an extra yummy factor (about a Tablespoon or so)

Slowly sauté veggies until clear. Reduce heat and add a tablespoon or two of water to continue cooking to caramelize veggies. This may take 7-10 minutes.

Add the following seasonings and ingredients:

- 2 teaspoons of curry
- 1 tablespoon of turmeric
- Salt to taste
- Pepper to taste
- ½ can full fat coconut milk (if the cream is solid, scoop out about half to use and pour about half of the clear fluid into soup pot)
- ¼ cup of Great Lakes unflavored gelatin, evenly sprinkled over the top of the ingredients
- 1 – 8 ounce free range chicken broth with about ½ cup of water to rinse out container
- Flesh of one baked butternut squash

This is where the fun started for me. Using my trusty immersion blender, I simply blitzed the cooked soup ingredients into creamy wonderfulness. No more using a dripping ladle to fill a blender in small hot batches to blitz, then pour into ANOTHER soup pot to finish. Yay! I can't recommend my immersion blender enough!

Once the soup was piping hot there was nothing left to do but enjoy!

From Deidre – FoodTalk4You.com