



Slow Cooker Butternut Squash Soup

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Butternut squash is a winter squash that is high in vitamin A. It is harvested in the fall and stores well in the winter. It is also good roasted in the oven and sautéed on the stove!

INGREDIENTS:

- 2 cups vegetable stock
- 4 cloves garlic, peeled and chopped
- 1 medium onion, peeled and diced
- 1 carrot, peeled and diced
- 1 Granny Smith apple, diced
- 1 medium butternut squash, peeled and cubed (remove seeds)
- 1 sprig fresh sage (or ½ teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon white pepper
- Pinch of cinnamon & nutmeg
- ½ cup coconut milk (may substitute regular milk)
- Greek Yogurt: low-fat or nonfat (optional for topping/garnish)

DIRECTIONS:

1. Brown onions and garlic in a small skillet for 5-7 minutes, until caramelized.
2. Combine vegetable stock, garlic & onion mixture, carrot, apple, butternut squash, and all seasonings to 6 quart slow cooker. Stir to combine.
3. Cook for 6-8 hours on low, or 3-4 hours on high – until squash is tender and mashes easily with a fork. Remove sage sprig and discard.
4. Stir in coconut milk.
5. Use an immersion blender to puree the soup until smooth. (You can also transfer in batches to a blender to puree.) Adjust seasoning, if needed.
6. Serve warm, with a swirl of Greek yogurt on top, if desired.