



## Roasted Butternut Squash Soup

6 servings  
1 hour 10 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
4 cups Butternut Squash (1 medium )  
2 Parsnip (cubed)  
2 tbsps Ghee  
1 Yellow Onion (large, diced)  
3 Garlic (minced)  
1 tsp Fresh Sage (finely chopped)  
1 tsp Rosemary (finely chopped)  
1 tsp Turmeric  
3 stalks Celery (chopped)  
1 2/3 pints Bone Broth (2-3 cups)  
1 1/2 cups Canned Coconut Milk (400 ml can)  
1 Sea Salt & Black Pepper (more or less to taste)  
1/2 cup Pumpkin Seeds (toasted, optional)

### Nutrition

Amount per serving	
Fat	28g
Carbs	30g
Fiber	7g
Sugar	8g
Protein	10g

### Directions

- 1 Preheat oven to 400C. Line a large baking sheet with parchment paper. Set aside.
- 2 Peel the butternut squash. Remove the seeds and stringy parts. Cut in even sized cubes and add to a large bowl with the cubed parsnip. Drizzle the olive oil and mix in. Add to the baking sheet in a single layer. Roast in the oven for 40 minutes or until soft.
- 3 While squash is roasting, melt butter in a large saucepan over medium-high heat. Add the onions and cook until softened. Add the garlic, herbs, & turmeric. Mix well and continue cooking for a minute. Add the celery and 1 cup of the broth. Let simmer for 15 minutes.
- 4 Remove the roasted vegetables from the oven and add to the celery-onion mix. Add bone broth, just enough to cover the vegetables. Heat through for another 5 minutes. Pour in the coconut milk and mix. Let cool slightly & blend in batches in your blender or using an immersion blender. Return to saucepan and heat through. Adjust seasoning to your taste.
- 5 Ladle into bowls and top with toasted butternut squash seeds or pumpkin seeds. Enjoy!

### Notes

**Don't Peel :** If your parsnips are organic, no need to peel them. Just scrub clean and chop.

**No Butternut Squash:** Use another type of squash or pumpkin.

**Too Thick:** Add more broth to thin it out.

**No parsnips:** Use carrots.

**Make Your Own Butternut Squash Seeds:** Do not throw out the seeds of your butternut squash. Dry them, then mix with some olive oil and seasoning. Toast in 350C oven for

---

10-15 minutes. Check every few minutes to ensure they are not burning.