Simple

Butternut Squash Soup

I love this recipe, for it's simplicity and grounding qualities. If I have a busy day, I will simply slide the squash in the oven in the morning, and set my timer to 40 minutes. Then head to the other room, to get some work done! Once it's done, I leave it on the counter to cool, until I'm ready to make lunch or dinner.

Ingredients
1 large butternut squash (pre roasted)
3 cups vegetable broth (aprox)
½ teaspoon Nutmeg
Ghee - 1-2 tablespoons
1/2 cup coconut milk (optional)
Salt & pepper to taste

Roast the squash at 400 degrees for 40-60 minutes. You can either cut it length wise scooping out the seeds, or place the whole squash in the oven whole. If doing the first method, place the 2 halves of the squash in a casserole dish with a bit of water and cover. Once it is cooked, remove the squash from the oven and let it cool.

Method

1. Scoop flesh of the roasted squash (without seeds and skin) and add to a large stock pot with ghee. Add broth so that the squash is not quite covered, The liquid should be below the level of actual squash. Bring to a boil and simmer on medium for 5 minutes.

2. Transfer to a blender, add coconut milk (or use a hand blender) and blend on high until soup is creamy.

3. Return to the pot, and stir in nutmeg and salt and pepper to taste.

Creamy Vegan Zucchini Soup

Serves 2

Ingredients

3 large zucchini
2 cups of water or vegetable broth
½ cup of coconut milk (optional)
Salt & pepper to taste

Method

1.Dice the zucchini, and add to a pot with vegetable broth or water. Allow the liquid to be the same level as zucchini. Bring to a boil, and simmer for 5 minutes.

2. Transfer to a blender, and blend until creamy. Return to pot. Add in coconut milk, and bring to a boil once again.

3. Add salt and pepper to taste.

Serve with fresh oregano, or roasted pumpkin seeds!