Turnpaugh Health and Wellness Center

Butternut Squash Detox Soup

This Butternut Squash Detox Soup has all the right ingredients to help detox and reset your health!

Ingredients:
4 cups vegetable or chicken stock. (add additional stock at the end to thin soup to your liking). *Also see note below*
3 tbsps. Coconut oil or ghee
1 medium white onion, chopped
2-3 cloves garlic, minced
4 medium carrots, chopped
2 tbsp fresh ginger, minced
4 cups butternut squash, peeled and chopped
1 tsp pink Himalayan salt or sea salt
1 tsp turmeric
2 tsp thyme
1/2 tsp cinnamon
1/2 tsp black pepper
1 tbsp fresh squeezed lemon

Directions:
In a medium pot, heat the veggie broth over medium-high heat. Sauté the onion and garlic in the coconut oil or ghee for 2-3 minutes. Add the carrots and ginger. Cook for about 5 minutes. Add the butternut squash, salt, turmeric, thyme, cinnamon, and pepper. Mix well and cook about 10 minutes or until veggies are soft. Turn off heat and stir in the fresh lemon juice. Using a blender or immersion blender, pureé the soup until smooth and creamy. Garnish with thyme and serve immediately. This soup also freezes well.

Note: You can add a splash of coconut milk for extra creaminess and healthy fat. Just reduce the veggie stock accordingly