



## Butternut Squash Soup

- 1 Large Butternut Squash, peeled and chopped
- 1 whole Onion, chopped
- 1 quart Homemade Turkey Broth (or canned if not available. Can also use chicken stock)
- A sprinkle of cinnamon
- A sprinkle of salt
- 1/2 tsp Ground Nutmeg
- Coconut Oil to cook the onions



1. Melt the coconut oil in a soup pot, and sauté onion until clear.
2. Add in cinnamon, nutmeg, and salt, sauté a bit more.
3. Pour in broth and the chopped squash and bring to a boil. Cook until squash is tender
4. Once squash is tender, Puree soup in a food processor until smooth.
5. Garnish with chopped walnuts.

Enjoy!