## Turmeric Butternut Blender Soup JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 3-4 cups butternut squash or one large butternut squash cubed
- 1-2 tbsp extra-virgin olive oil (evoo)
- 4-6\* cups of chicken or veggie stock
- 2 white onions or shallots, chopped
- 1 heaping tsp ground organic turmeric
- 1/2 tsp ground organic ginger or one knob fresh ginger
- Juice from half a lemon
- Pinch sea salt
- Kale chips and roasted chickpeas for garnish (optional)

## Instructions:

- Preheat oven to 350F degrees. Spread butternut squash evenly over a parchment covered baking sheet, drizzle with extra-virgin olive oil (EVOO) and bake until tender for 30-40 minutes.
- 2. Heat chicken or veggie stock on stove on medium heat. Then reduce heat to keep warm.
- 3. Meanwhile, saute onions with extra-virgin olive oil for a few minutes, or until tender.
- 4. Once butternut squash is done, remove from oven and let cool for 10 minutes.
- 5. Add the squash, onions, stock, spices and lemon juice to a blender or food processor and give it a good blitz until creamy and smooth.
- 6. Give it a taste test, if it's to your liking, you can enjoy immediately.
- 7. Once the taste is to your liking, garnish with kale chips and roasted chickpeas and enjoy!

## Notes:

Serves 4. \*I put a range for the stock because you can add the liquid slowly and adjust it to your liking. As you can see from my photo, I like it pretty thick and creamy.