

## Dairy-Free Butternut Squash Soup



Servings:

**6 servings**

Prep Time:

**10 min**

Cook Time:

**1 hour 30 min.**

### Ingredients

- 3 lb **Butternut Squash** (or 4 cups), diced
- 1 tbsp **Olive Oil**
- 1/4 tsp **Salt & Pepper**
- 1 tbsp **Olive Oil**
- 3 cups **Carrots** (or 2 each), peeled, diced
- 1 each **Shallot**, diced
- 2 each **Garlic Cloves**, rough chopped
- 1/2 tsp **Turmeric**
- 1 tsp **Cinnamon**
- 1 tsp **Garlic Powder**
- 1/4 tsp **Salt & Pepper**
- 3 cups **Vegetable Broth**
- 1/4 cup **Maple Syrup, Pure**
- 13.5 oz **Full-Fat Coconut Milk**

### Method of Preparation

#### Step 1

Preheat the oven to 400 degrees F.

Line a baking sheet with parchment paper.

In a bowl, toss together 1 tbsp olive oil, butternut, and salt/pepper. Roast for 30-40 minutes until fork tender and caramelized.

#### Step 2

In a saucepan, over medium-high heat, saute 1 tbsp olive oil, carrots, shallots, and garlic for 4-6 minutes.

Add spices/seasonings and cook for 1 minute.

#### Step 3

Add vegetable broth, bring to a boil, and then reduce heat to medium-low to a simmer.

Once butternut squash is done roasting, add into the simmering soup and cook for about 20 minutes.

#### Step 4

Remove soup from heat and either blend the soup to a smooth consistency using a blender or immersion stick blender.

#### Step 5

Return to a low heat, add maple syrup and coconut milk. Cook until the soup begins to simmer again.

Garnish your serving with pumpkin seeds and pine nuts. Enjoy!

(1 can)

- Garnish: **Pumpkin Seeds & Pine Nuts**

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