

Butternut Squash Apple Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-and-spicy-sausage-soup-recipes>

Ingredients:

- 2 tablespoons olive oil
- 1/2 cup onion diced
- 6 cups butternut squash peeled, seeded and diced into 2 inch cubes
- 1 cup apple peeled, cored and sliced
- 1 teaspoon ground cinnamon
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- 1/2 teaspoon sea salt celtic
- 1/4 teaspoon ground black pepper
- 4 cups chicken stock or Kettle & Fire Bone Broth or water