

Roasted Butternut Soup!

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-soup-with-cream-cheese-recipes>

Ingredients:

- 1 butternut small, 2.5 pounds -or 4 cups of cooked butternut
- 2 tablespoons coconut oil or olive oil
- 2 apples gala, honey crisp – diced
- 2 shallots large, or 1/2 an onion- diced
- 5 garlic cloves – rough chopped
- 1 tablespoon ginger – rough chopped
- 2 cups stock veggie, or chicken stock
- 2 cups water or a 1/4 –1/2 cup less for a thicker soup
- 1 teaspoon kosher salt
- 2 teaspoons maple syrup
- 1 teaspoon apple cider vinegar
- 1 pinch cayenne optional
- pumpkin seeds optional
- sumac optional
- coconut milk optional
- diced apple optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 7 grams
8. Sodium: 790 milligrams
9. Sugar: 18 grams

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