

The BEST butternut squash soup recipe! This easy, healthy Crockpot Butternut Squash Soup is creamy, comforting, and filled with the best flavors of fall.

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion chopped into 1/4- to 1/2-inch dice (about 1 1/2 cups total)
- 2 medium butternut squash about 6 pounds total
- 2 medium apples cored and roughly diced, no need to peel (or try using a mix of sweet apples, such as McIntosh or Golden Delicious, and tart, such as Granny Smith or Cortland)
- 2 cups low-sodium vegetable broth or low-sodium chicken broth
- 1 teaspoon kosher salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon black pepper use white for a slightly milder taste and if, for presentation purposes, you don't want the black specks in the soup)
- 1/4 teaspoon cayenne pepper
- 3/4 cup light coconut milk (may use up to 1 1/2 cups from one 14-ounce can)



For topping (optional):

- Toasted pumpkin seeds
- Chopped fresh sage
- Coconut cream, coconut yogurt (for dairy free), or regular nonfat Greek yogurt (if dairy free isn't a priority)

INSTRUCTIONS:

1. Lightly coat a 4-quart or larger slow cooker with nonstick spray. In a medium saucepan, heat the olive oil over medium heat. Add the onion and cook until softened and fragrant, about 8 to 10 minutes, stirring occasionally. Transfer to the slow cooker.
2. While the onion cooks, trim the top and bottom ends off of the butternut squash. With a vegetable peeler, peel the squash. Cut it in half lengthwise and scoop out the center seeds. Cut into 3/4-inch cubes. Transfer the cubes to the slow cooker.
3. To the slow cooker, add the apples, broth, salt, pepper, nutmeg, black pepper, and cayenne pepper. Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours, until the squash and apples are tender.
4. Add 3/4 cup coconut milk. Puree the soup with an immersion blender or carefully transfer it to a food processor fitted with a steel blade or a blender and puree it in batches. If using a blender or food processor, be extremely careful not to fill it too much, as hot soup likes to splatter. Return the soup to the slow cooker once complete. If you'd like the soup thinner, add additional coconut milk until your desired consistency is reached. Taste and adjust seasonings as desired. Serve hot with any of your favorite toppings.

SERVING: 1 of 8, about 1 1/2 cups CALORIES: 155kcal
CARBOHYDRATES: 31g PROTEIN: 3g FAT: 4g SATURATED
FAT: 2g SODIUM: 333mg POTASSIUM: 780mg FIBER: 5g
SUGAR: 10g VITAMIN A: 19982IU VITAMIN C: 42mg
CALCIUM: 98mg IRON: 2mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.