

SLOW COOKER BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 2 cups vegetable stock
- 2 cloves garlic, peeled and minced
- 1 carrot, peeled and diced
- 1 Granny Smith apple, cored and diced
- 1 sprig fresh sage
- 1 white onion, diced
- 1/2 teaspoon salt, or more to taste
- 1 medium (uncooked) butternut squash, peeled, seeded and diced
- 1/4 teaspoon freshly-ground black pepper, or more to taste
- 1/8 teaspoon cayenne, or more to taste
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- Garnishes: extra coconut milk and a sprinkle of smoked paprika (or cayenne)



DIRECTIONS:

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to a Slow Cooker. Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. Use an immersion blender to puree the soup until smooth. Taste, and season with additional salt, pepper and cayenne if needed.
4. Serve warm, with optional garnishes if desired.