



Butternut Squash and Bacon Soup

6 servings
50 minutes

Ingredients

- 1 Butternut Squash (large, peel, cut into large chunks)
- 3 Matchstick Carrots (peeled, cut into large chunks)
- 1 1/2 tbsps Coconut Oil (melted)
- 8 ozs Nitrate Free Bacon (chopped)
- 1 Yellow Onion (small, chopped)
- 1 Apple (chopped)
- 2 cups Organic Chicken Broth
- 1 cup Organic Coconut Milk (can)
- 1 tsp Sea Salt
- 1 1/2 tbsps Cinnamon
- 1 tbsp Nutmeg

Directions

- 1 Preheat your oven to 350 degrees. Toss squash and carrots with the coconut oil. Place in a baking dish and roast uncovered for 35 minutes or until tender.
- 2 In a large stock pot over medium heat, cook bacon until crisp. Remove bacon and set aside for the garnish. Add the onion and apple to the pot and saute in the bacon fat over medium heat until tender, about 5 minutes.
- 3 Add the roasted butternut squash, carrots, chicken broth, and coconut milk to the stock pot and bring to a boil, stirring often.
- 4 Remove from heat. Use an immersion blender or a food processor to blend your soup, work in small batches. Blend soup until smooth. Garnish with bacon pieces and enjoy!