

Roasted Butternut Squash Soup

(based on Ihackeddiabetes.com)

Serves 8, cal 180, Total Fat 10 g, Carbs 17 g, Fiber 5 g, Sugars 6 g, Protein 5g,

3 lb, Butternut squash, roasted

2 tsp, Curry powder (optional)

2 tbsp Olive oil

32 fluid ounce Chicken Broth

1 medium onion, diced

6 oz, Almond milk, unsweetened

1 tbsp Minced Garlic

2 oz Heavy cream

1/4 tsp Nutmeg

0.25 tsp, Salt and Pepper

1 tbsp Turmeric

Preheat the oven to 400°F

Half the butternut squash, remove all guts and seeds with a spoon and rub the flesh with 1 Tbl /4olive oil

Roast the butternut squash for 40 minutes and turn off the over. Allow the squash to cool to touch while cooling in the oven.

Add 1 Tbl olive oil to a large pot or dutch oven. Add the onions and sautee until translucent. Add the garlice until fragrant.

Once cooled, scoop out the butternut squash with a spoon and add to the onions.

Add the chicken broth, curry powder, if using, turmeric and a pinch of nutmeg.

Stir and bring to a boil over medium heat.

Once soup is boiling remove from the heat and add the heavy cream and almond milk. Allow to slightly cool and then use an immersion blender to blend all the ingredients together until smooth and creamy.

I add a portion of cooked chicken to each bowl to amp up the protein