

Butternut Squash Soup with Sweet Potato and Green Apple

Ingredients:

- 1 tablespoon coconut oil
- 1 tablespoon butter
- 1 white onion, diced
- 3 cloves of garlic, chopped
- Salt and pepper to taste
- 1 pound of butternut squash, cubed
- 1 pound of sweet potatoes, cubed
- 1 green apple, cubed
- 4 cups chicken broth
- 1 tablespoon chopped fresh basil
- 1 tablespoon curry powder
- 1 teaspoon crushed bay leaf

Directions:

***** have 2 team members dice, chop, and cube fruits and vegetables while the rest of the group works on steps 1-3**

1. Heat coconut oil and butter together in a large pot over medium heat.
2. Cook and stir onion and garlic in the hot oil-butter mixture until slightly softened. (about 1-2 minutes)
3. Season with salt and black pepper.
4. Stir squash, sweet potatoes, and apple into the onion mixture and cook until heated through. (about 5 minutes)
5. Pour in chicken broth and bring to a boil.
6. Add basil, curry powder, and bay leaf.
7. Reduce heat and simmer until sweet potatoes and apple are softened. (about 15-20 minutes)
8. Remove from heat and season with salt and pepper.
9. Puree soup in pot with hand mixer until smooth.
10. Top with sour cream. (optional)