Published on *Happily Whole* (https://www.livinghappilywhole.com)

Butternut Squash Soup

September 20, 2014, written by katie

What do you reach for when something comforting calls your name?

If you're like me, once in a while, the call is answered by something impulsive and, well, afterwards quite aggravating. As a food lover, the wrong foods often filled the spot where something more inspiring should have sat. But for you, perhaps it's not a palate pleasing, oral fix you seek to feed your need for comfort.

Whatever it is, be sure you know your need before you fill it. What I'd like to suggest is that we seek the thing that can fill our soul before we beseech our body's need for instant indulgence. It's the way of the world and, of course, our human nature. ***But when the wrong piece to the puzzle is forced to fit, the picture just doesn't turn out right.***

So take a look at the source, the root of what you require, before you begin filling it with something incongruent for the original craving. Because when we constantly grab and grope at mismatched solutions, the craving always exists.

It might be simple. It might not. A craving for comfort can be deceiving, even devious, and we're often driven to dealing with it mindlessly.

So, what can you do when an instantaneous need for relief urges you to consume an incongruent answer? *Pause. Breathe. Pray….if you do that sorta thing. Then choose.*

For me, I know the hole is always filled properly by the One who makes me whole.

So, yeah, find good flavors and pleasure in what you consume. Food is a gift and I'll be the first to say I enjoy eating it! But when food's filling another need, perhaps you need to pause and fill yourself up with the pieces made for the purpose.

There's that….and now here's a little relief in the form of some seasonal soup. Mmmmm…..this'll do the trick when you need a nourishing kind of food comfort! Even my girls, normally not squash lovers, asked for seconds of this simple recipe.

Recipe category

Midday Meals: Soups, Salads & Sides [1]
Delightful Dinners [2]

Restricted to members

0

Ingredients

- Butternut squash (mine was a medium size)
- 3 tablespoons ghee or real, grassfed butter*
- 1 small yellow onion, chopped
- 3 medium garlic cloves, minced
- 2 to 3 cups vegetable broth
- 1 teaspoon (or more to taste) Pink Himalayan salt
- Fresh ground pepper, to taste (I used about ¼ - ½ teaspoon)
- Optional: Some sharp cheese to sprinkle on top of the hot soup. I chose a hard, sharp goat cheese. Delish!

Recipe Instructions

- Bake the squash in its skin. Preheat your oven to 375 degrees. Slice the squash lengthwise and scoop out the seeds. (If you want, keep the seeds and roast them with a bit of olive oil, they make a nice crunchy treat!) Sprinkle a little salt on the flesh part of each half and place face-down on a baking sheet. Bake for 30 to 40 minutes, or until a fork pierces the flesh easily. Let the squash cool mostly.
- In your large soup pan, melt the ghee/butter.
- Over a medium heat, sauté the onion and garlic in the ghee.
- Add about half of the baked squash, half of the mixture from the pan and about a cup of vegetable broth into your food processor. Process until smooth.
- Do the same thing with the other half of the mixtures and another cup of broth. You may want to add more broth if your soup is thicker than you prefer or doesn't process as smooth as you'd like.
- Return the soup to the large pan. Add salt and pepper and heat through. You can serve immediately topped with a bit of cheese (or by itself). This soup is also amazing after sitting a day in the fridge or even frozen for a later date.

Featured Image


Happily Whole
Living well from the inside out
LivingHappilyWhole.com

Gallery


Happily Whole
Living well from the inside out
LivingHappilyWhole.com

Recipe Description

> Comforting on a cool day, nourishing in many ways and guaranteeing you'll feel happily satisfied, this squash soup is super simple to make and pleasing to the palate. Butternut squash offers one of the highest levels of vitamin A compounds found in nature and also provides more than its fair share of B complex. Plus, the tiny bit of good fat found in this soup will help with all that good stuff getting absorbed. So---slurp it up! We did!

Recipe Notes

*Ghee [3] is a clarified form of butter. All of the milk solids have been removed and many people enjoy the more complex flavor, health benefits and ease of digestion (people with lactose intolerance can enjoy ghee).

Buy one of my favorite brands of ghee here. [3]

When I don't have any broth on hand, here's what I use: Rapunzel [4]vegetable broth cubes. I love them! In fact, I used them this time I was making the soup.

Buy Rapunzel vegetable broth cubes here. [4](they stay good a long time so having extras, especially in the fall and winter months, is a good thing!)

Source URL: https://www.livinghappilywhole.com/content/butternut-squash-soup

Links
[1] https://www.livinghappilywhole.com/recipe-category/midday-meals-soups-salads-sides
[2] https://www.livinghappilywhole.com/recipe-category/delightful-dinners
[3] http://www.amazon.com/gp/product/B0032RPLSY/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0032RPLSY&linkCode=as2&tag=happwhol-20&linkId=ZXMDCIHZN4AF46WH
[4] http://www.amazon.com/gp/product/B001E5DZJS/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B001E5DZJS&linkCode=as2&tag=happwhol-20&linkId=QGNYFD7PIBDR3SSH