

# Vegan White Bean and Roasted Butternut Squash Soup

## Cooking Instructions

1. Preheat oven to 400 degrees F. Line a baking sheet with foil or parchment paper and spray foil with nonstick cooking spray. Place the two butternut squash halves face down on baking sheet and bake for 1 hour or until squash is VERY fork tender. Set aside to cool for 10 minutes before peeling off the skin.
2. In a large soup pot or Dutch oven, heat olive oil over medium heat. Add diced onion and sauté for 6–8 minutes or until onion is translucent. Then add garlic and sauté for a minute longer or until fragrant.
3. Transfer onion and garlic mixture to a large high-powered blender, adding in the white beans and half of the broth. Blend until smooth.
4. Next, add the flesh of the roasted butternut squash and the remaining broth to the blender. Blend mixture until smooth and thick. Then transfer mixture to the large soup pot and place over medium-low heat.
5. Stir in coconut milk until the soup reaches the desired consistency. Add salt and pepper to taste. Then stir in nutmeg and fresh sage and allow the soup to simmer for 10–15 minutes, until flavors come together. Pour the soup into bowls. Using a spoon, drizzle each serving with a little extra coconut milk. Garnish soup with pomegranate seeds or crispy roasted chickpeas, if desired.

## Recipe

- 1 butternut squash (about 2 pounds), halved vertically and seeded
- 1 tbsp olive oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 1 (15 oz.) can white beans, rinsed and drained
- 2 ½ cups of vegetarian broth
- 1 ½ cup of full-fat coconut milk, canned (reserve extra liquid for drizzling)
- 1 tsp salt
- Freshly ground pepper
- 1/8 tsp nutmeg
- 1 tsp chopped fresh sage, if desired
- Optional garnishes: pomegranate seeds or crispy roasted chickpeas

## Grocery List (add optional garnishes to list, as desired)

### Canned Goods

- |   |   |
|---|---|
| <input type="checkbox"/> Olive oil          | <input type="checkbox"/> Vegetarian broth             |
| <input type="checkbox"/> Canned white beans | <input type="checkbox"/> Canned full-fat coconut milk |

### Produce

- Butternut squash
- Yellow onion
- Garlic cloves

### Spices

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Salt                | <input type="checkbox"/> Nutmeg     |
| <input type="checkbox"/> Ground black pepper | <input type="checkbox"/> Fresh sage |