JANE SMITH LIFESTYLE

Butternut Squash Soup

Prep: 15 min | Cook: 6-7 hours (low) or 3-4 hours (high) | Serves: 6



When butternut squash is everywhere in the fall, I make this. Squash, carrots, and a touch of thyme simmer until they're ready to blend into something smooth and warm.

Ingredients

- 1 (3 lb) butternut squash, peeled & cubed
- 1 onion, chopped
- 2 carrots, chopped
- 3 garlic cloves, minced
- 3 cups vegetable broth
- 1/2 tsp thyme
- Salt & pepper, to taste
- 1/2 cup coconut milk (optional)

Directions

1. Add all ingredients except the coconut milk to the slow cooker.
2. Cook on low 6-7 hours or high 3-4 hours.
3. Blend until smooth.
4. Stir in the coconut milk, if using. Season and serve.

Jane's Note

Blend the soup right in the slow cooker with an immersion blender if you have one — it saves a step and a dish.

This is one of my favorite soups to have simmering on a fall afternoon; the whole house smells wonderful.

Storage: Refrigerate in an airtight container for up to 4 days, or freeze for up to 3 months.

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