

DR. ANN'S RIDICULOUSLY DELICIOUS BUTTERNUT SQUASH SOUP

SERVES 6

- 3 lbs. butternut squash, peeled, seeded, and cut into ½ in chunks
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 Tbsp. chopped fresh thyme leaves
- 3 Tbsp. extra virgin olive oil
- 4+ cups chicken or vegetable broth
- 1 ½ Tbsp. chopped fresh sage
- Plain, Greek-style yogurt
- Salt and pepper to taste

Heat the olive oil over medium high heat in a stock pot. Add onion and salt, cooking until softened, about 5 minutes. Add thyme and garlic and cook for 3 more minutes. Add squash and increase heat just slightly, stirring frequently until the squash is caramelized in some areas. Add broth, bring to a boil, reduce heat, cover with a lid, and simmer until squash is tender. Add the sage. Allow to cool, then puree in a blender or food processor. Return to pot and reheat. Season to taste with salt & pepper and serve with a dollop of plain, Greek yogurt.



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