WHITE BEAN AND ROASTED BUTTERNUT SQUASH SOUP

Preparation: **10** minutes | Cooking: **1** hour | Servings: **4**

INGREDIENTS

4 garlic cloves, minced
1 butternut squash
(about 2 pounds)
1 yellow onion, diced
1 (15 ounce) can
white beans
2 1/2 cups
vegetarian broth
1 1/2 cups full-fat
coconut milk
1 tablespoon olive oil
1 teaspoon chopped
sage (optional)
1/8 teaspoon nutmeg
Salt and pepper

INSTRUCTIONS

Preheat oven to 400 degrees. Prepare baking sheet with foil, and spray with nonstick cooking spray. Cut butternut squash in half, and bake for 1 hour or until fork tender. Once cooled, peel off the skin. In a large pot or Dutch oven, heat olive oil over medium heat. Add in diced onion and sauté until onion is translucent. Add garlic and cook until fragrant. Transfer onion and garlic to a large blender, and add in white beans and half of the broth. Blend until smooth. (This can also be done with an immersion blender.) Add skinned squash and remaining broth to blender. Blend until mixture is smooth and thick. Transfer back to pot. Stir in coconut milk until desired consistency for soup is reached. Salt and pepper to taste. Stir in nutmeg and fresh sage. Allow soup to simmer for 10 to 15 minutes. Garnish with coconut milk and pomegranate seeds.