

# Crock Pot Butternut Squash Soup

I used to think that fall was my favorite season. No- not because of pumpkin spice lattes. Ewww. I grew up in Ohio, so October was all about football, pumpkins, apple picking, wearing hoodies and wondering if I was going to need snow boots with my Halloween costume. Fast forward to my current location that includes a beach, palm trees, and mid-day highs at almost 90 degrees. So while my childhood season included colorful fleece jackets and changing leaves, my current reality is more like flip flops and sunscreen until December (not that I'm complaining!!!).



Fall flavors are delicious... and I don't mean pumpkin spice everything!

So I'm bringing fall into my home in as many subtle ways as I can. Many of my fans are celebrating the Jewish High Holidays season as well this month and I thought this recipe would be great to include for your festival meals. Cooking it low and slow while you go to services means that there is little prep

to do before your guests arrive.

Let's talk a little more about quick prep— I often like to use whole foods but there are two recommendations I have for you.

1. Buy the pre-cut butternut squash. It is in the produce section and is sooooo much easier than trying to chop up a fresh one. I like to use the whole squash when I'm roasting it, but I don't mind having someone else do the dirty work on this vegetable. You can also use frozen butternut squash if that's more readily available for you.

2. I use BONE BROTH in this recipe instead of just chicken broth. It adds a little more robust flavor and also about 7 grams of protein per serving (so the leftovers make a great, filling lunch!).

You can get creative with toppings for this soup. Try croutons, dried cranberries, crumbled goat cheese, fresh dill, or a dollop of sour cream. I'm showing it to you without accessories because I didn't even wait until dinner to ladle some into a coffee cup and slurp it down. You know, as a taste test. As a skeptic, I needed to sample it for research. But I used a big spoon with a handle on the side.

## **Crock Pot Butternut Squash Soup**

**Serves 8-10 people**

**Prep Time: 10 minutes**

**Cook Time: 6-7 hours**

2 lbs. butternut squash, diced into 1/2 to 1 inch cubes

1 large gala apple, cored and cut into chunks, skins left on

1/2 c. caramelized onions

1 32 oz. carton chicken bone broth

1/2 t. [all-seasons salt](#)

1 t. smoked paprika

1 t. dried dill

-- and then...

1 pt. heavy cream

3 T. honey

Put first list of ingredients in crock pot and stir. Cook on low for 6 hours. Using an [immersion blender](#), puree soup until all butternut squash chunks are gone. Add heavy cream and honey and stir until combined. Cook on low for 30 minutes more and then serve. Try toppings such as croutons, dried cranberries, crumbled goat cheese, fresh dill, or a dollop of sour cream.