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PEP, Take a  
NOURISH Step

# BUTTERNUT SQUASH NOURISH SOUP

This recipe is nutrient-dense and offers plant-based protein options



## INGREDIENTS:

- Half of a medium-sized butternut squash
- Half of a white onion
- 2-4 cloves of garlic (depends on size)
- 2-3 carrots (depends on size)
- OPTIONAL: 1 whole tomatoe
- 3 rosemary sprigs
- 4 thyme sprigs
- ½ cup of milk
- 2 cups of bone broth (low-sodium)
- If using vegetable broth, you can add optional cans of white beans
- SEASONING: paprika, ginger, cinnamon, turmeric, basil, and a dash of salt

## HOW TO COOK:

- Preheat oven to 400 degrees
- Chop all vegetables and add to a sprayed baking sheet with tinfoil
- Sprinkle seasonings over vegetables and drizzle olive oil over them.
- Roast vegetables for 25-30 minutes (until tender)
- In a blender, add bone broth and vegetables and blend until liquified (if adding beans, you can add them to the blender with the vegetables)
- Pour mixture into a pot on medium heat
- Once the mixture comes to a simmer, add the milk slowly until the soup can stick to the back of a cooking spoon
- Serve with your favorite garnish and enjoy!

