

## Smoky Butternut Squash Soup

Gluten Free – Grain Free – Dairy Free – Vegan (Optional)

Serves 6

### Ingredients

1 butternut squash

2 medium onions

6 cloves of garlic

1 apple

4 slices of good quality, natural, smoked bacon - divided (omit in vegan version)

6 sage leaves

1 tsp nutmeg

½ tsp smoked paprika

½ tsp salt (if needed)

½ tsp black pepper

12 cups homemade chicken or veggie stock

### Directions

1. Sauté the bacon in a stock pot over medium high heat. When browned, remove from pot and set aside. For vegan skip this step.
2. Chop the onions and add to the drippings, followed by the squash. Cook 10-15 minutes on medium. If making a vegan version – use 1-2 TBSPs of coconut or avocado oil to sauté the veggies.
3. Add the smoked paprika, black pepper, and nutmeg and cook for 1 more minute.
4. Add chicken or veggie stock to the pot. I like to transfer mine straight from the slow cooker to the stock pot so it's already nice and warm. Add enough broth to almost cover the veggies ( about 10 cups – add up to 12 for a thinner soup. Simmer for 10 minutes.
5. Chop apple and add to the pot, simmer until everything is cooked through and soft, about 5- 10 minutes.
6. When vegetables and apple are soft, add half of the bacon back to the pot and carefully transfer the soup to the blender in batches.
7. Blend on medium to medium high for 45 seconds.
8. Taste the soup, and add salt to taste.
9. Serve with remaining bacon crumbles.
10. This soup can be made vegan, vegetarian, or cleanse friendly by omitting the bacon. Instead increase the smoked paprika to 1 tsp, and sautéing the vegetables in coconut oil, or avocado oil.