

Butternut Squash Soup (non-fat version)

Yield: 8 cups

Ingredients:

1 small Butternut Squash, grated in a food processor (approx. 4 cups)
2 small zucchini, rough chopped (approx. 1 ½ cups)
2 medium carrots, rough chopped (approx. 1 ½ cups)
2 stalks of celery, rough chopped
½ of a medium red bell pepper, rough chopped
2 cups water

¼ cup diced red onion
¼ cup nutritional yeast
2 garlic cloves
1 teaspoon salt
½ teaspoon smoked paprika
¼ teaspoon cayenne

2 tablespoons light miso

Directions:

Process the butternut squash in a food processor outfitted with the shredding blade. Place all ingredients except miso into a high speed blender and process until smooth. Add miso and process again

Notes:

If you'd like to make it a little more creamy and luscious you could substitute the nutritional yeast with a little EVOO (extra virgin olive oil) avocado, cashews, cashew milk/cream or almond milk. This will give a little fat consistency, and bring all those flavors together. Or you could make the soup as above and garnish with a drizzle of pepper oil, diced avocados, cashew or almond cream. This would also give you that creamy fat consistency in every bite.