

GAPS

Butternut Squash Soup



Serves 6-8

I discovered a version of this soup in Jessica Prentice's *Full Moon Feast*. After I made it, I felt like I had become a gourmet chef. Easy, delicious, and a crowd pleaser.

2 quarts chicken stock (page 10)

2 tablespoons animal fat, coconut oil, or ghee

3 leeks, sliced in half, and sliced again into half-moons (or 2 onions, chopped)

1 butternut squash, peeled, seeded, and cut into chunks

1 bouquet garni

Sea Salt

Optional Garnishes

Yogurt or cultured cream

Chopped fresh herbs (Stage 2)

Soaked and sprouted pumpkin seeds

(Full GAPS)

Add the stock and fat to a pot. Add the vegetables and bring to a boil. Reduce the heat to a simmer, add the bouquet garni, and cook, covered, for 30 minutes or until the vegetables are soft and the squash is easily pierced with a fork. Take out the bouquet garni and remove the soup from the heat. Carefully puree the

soup with an immersion blender until smooth. Add salt to taste and serve.

Note: *You can substitute filtered water for stock if you don't have enough stock.*