# **Butternut Squash Soup**

This dairy-free soup gets its creaminess from the cashews and is loaded with flavor!

**Ingredients**

3 tablespoons olive oil
1 large yellow onion, chopped
1 cup raw cashews
1 large apple, peeled, cored, chopped
1 large carrot, peeled, chopped
2 lbs. butternut squash, cubed (frozen organic butternut squash may be used)
1 teaspoon fresh thyme leaves
1 bay leaf
4 cups vegetable stock
Kosher salt and black pepper, to taste

### Instructions

1. Heat oil in a large saucepan over medium heat and add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring for about 5 minutes.
2. Add the apple, carrot, squash, thyme, and bay leaf to the pot and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and reduce the heat to med-low, allowing to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow the soup to cool to room temperature. Working in two batches, ladle half of the soup into a blender and puree. Return soup to saucepan and simmer until heated through.

Based on <https://www.ninjakitchen.com/recipes/search/0/all/100419/butternut-squash-soup/?pd=30>.