

# Roasted Butternut Squash Soup with Kale Chips

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10 ingredients • 90 minutes • 4 servings

## Ingredients

- **4 cups** Butternut Squash
- **1 tsp** Cinnamon (plus extra for garnish)
- **2 tbsps** Extra Virgin Olive Oil (divided)
- **2** Apple (peeled, cored and sliced)
- **1** Sweet Onion (diced)
- **1 tbsp** Ginger (grated)
- **4 cups** Organic Vegetable Broth
- **2 tsps** Sea Salt (divided)
- **1/8 tsp** Cayenne Pepper
- **4 cups** Kale Leaves (cut into large pieces)

## Directions

1. Preheat oven to 420. Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
2. Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
4. Add in the vegetable broth, cooked squash, half of the sea salt and cayenne pepper. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Preheat your oven to 350 again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't over crowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.

6. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!

7. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

## **Notes**

### **More Protein**

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

### **Storage**

Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.