

OF YOUR HEALTH

with a Plant Based Diet

Healthy lunch box

AND SNACK IDEAS FOR KIDS

NA COPY & VEGAN COMFORT COOKING.

SEASONAL Fall Recipes

FEELING SPOOKY! VEGAN HALLOWEEN RECIPES

EUST CATS IN MALTA - THE NEGAN TREATS YOU DON'T WANT



VEGAN BUTTERNUT SQUASH SOUP

By Jenn Sebestyen

PREPTIME: COOKTIME: TOTALTIME: SERVINGS:

10 mins

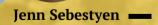
25 mins

35 mins

- 1 tbsp extra virgin olive oil (or ¼ cup veggie broth)
- 1 sweet onion (diced)
- 1 small butternut squash (peeled and chopped) (about 4 cups)
- 16 oz bag of organic frozen corn (or 2 cups fresh corn kernels)
- 2 red potatoes (peeled and diced) (about 2 cups)
- 4 cups vegetable stock
- 1 tsp dried sage
- ½ tsp dried thyme
- 1 tsp Himalayan pink salt
- ½ tsp ground nutmeg
- ½ cup unsweetened non-dairy milk (I used almond. Cashew, lite coconut, or oat milk would all work as well)

INSTRUCTIONS

- I. In large stockpot over medium high heat, sauté diced onion in olive oil (or 1/4 cup vegetable broth) until translucent, about 4-5 minutes
- Add diced squash, potatoes, corn, sage, thyme, and salt and sauté 2-3 minutes.
- **3.** Add vegetable broth, stir, and increase heat to bring to a boil.
- 4. Once mixture comes to a boil, lower heat to medium-low and simmer uncovered for 20 minutes until squash and potatoes are tender.
- 5. Turn off heat. Add nutmeg and nondairy milk.
- **1.** Using an immersion blender, purée the soup until smooth. Alternately, you can carefully transfer the soup to a blender to purée. Or if you prefer a chunkier soup, you can purée just half or none at all.
- 7. Serve and Enjoy!



Jenn is the creator of veggieinspired.com. After reading Alicia Silverstone's 'The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet' she was inspired to go vegan and learn more about plant-based diet. She aims to show others that a plant-based diet can be satisfying and simple, possibly inspiring others to do the same.

Website: www.veggieinspired.com

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