



# Spicy Butternut Squash Sweet Potato Soup

Cozy up with a bowl of this Roasted Butternut Squash & Sweet Potato Soup—a creamy, velvety blend that’s as nourishing as it is flavorful. Every spoonful is hearty yet light, comforting yet vibrant. Pair it with a crusty baguette or top it with pumpkin seeds for a touch of crunch—this soup is pure autumn comfort in a bowl.

**Servings:** 6

## INGREDIENTS

- 1 medium butternut squash (about 2 pounds), peeled, seeded, and cubed for easier cooking
- 2 medium sweet potatoes (about 1 pound), peeled and cubed
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 4 cups vegetable broth (Low-sodium if you’re watching salt)
- teaspoon chili powder, adjust for your heat tolerance
- 1/2 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1/2 cup coconut milk, full-fat for creamy richness
- Salt and pepper, to taste

## INSTRUCTIONS

1. Peel and dice butternut squash and sweet potatoes. Spread them on a baking sheet, drizzle with 1 tablespoon of olive oil, and sprinkle a pinch of salt. This pre-roasting step really adds the depth of flavor.
2. Pop the veggies into a preheated 400°F oven for about 25 minutes, or until they’re fork-tender and slightly caramelized.
3. While the veggies roast, heat the remaining olive oil in a large pot over medium heat. Toss in the diced onion and sauté for 5 minutes until soft, then add the garlic for another minute.
4. Add the roasted veggies to the pot, along with the broth, chili powder, cayenne, and cumin. Bring it to a boil, then lower the heat and let it simmer for 10 minutes. Stir occasionally so nothing sticks.
5. Use an immersion blender to puree everything until it’s silky smooth. If you don’t have one, a regular blender works in batches—just be careful with the hot liquid.
6. Stir in the coconut milk, and season with salt and pepper to taste. Let it warm through for another 2 minutes, then serve!

## SERVING SUGGESTIONS

Pair it with a crusty baguette for dipping, sprinkle on some pumpkin seeds or croutons for texture.