

# Butternut Bombshell Soup



Butternut squash is an underutilized vegetable. To be honest, I don't really like squash in its pure form. It tends to have a mushy type feel. Soup however, this soup will melt your heart and your guests. Lite, simple and healthy. What more could you want? I cook all my soups in a slow cooker because...well who has time to cook all night :)

**Serves** 6+

## Ingredients

16 oz ground turkey or chicken  
1/4 cup yellow onion sliced small  
1/4 cup coconut oil  
2 bags frozen butternut squash bags  
1 bag frozen riced cauliflower  
24 oz bone broth (I buy Bonafide Bone Broth from Whole Foods in the freezer section)  
4 tbsp olive oil  
1 tbsp Italian seasoning (I buy Simply Organic from Whole Foods)  
1 tsp sea salt to taste (add as much as you like to taste)  
add water to cover any remaining vegetables

## Directions

1. Add all ingredients into the slow cooker. You can cook on high for a few hours or prepare before bed and leave it on low.
2. Using a hand blender, quickly "mash" all ingredients together until you have a thick pureed soup. Enjoy! Tip: I love sprinkling raw sunflower seeds onto my soup.

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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