
BUTTERNUT SQUASH CROCKPOT SOUP

Modified from Skinnytaste

PREP TIME: 15 min

COOK TIME: 8 hours

MAKES: 4 servings

INGREDIENTS

1 butternut squash, halved or quartered, seeds removed but not peeled

Small onion quartered

Apple cored and quartered

2 cups (or more) Low-Sodium, Fat-Free chicken broth

3/4 cup almond milk (coconut or skim milk will work as well)

Pinch of nutmeg

DIRECTIONS

1. Place liner in Crock pot.
2. Add squash, onion, apple, and chicken broth.
3. Cook on low for 8 hours or high 4 hours.
4. Remove butternut squash and run knife under peel.
5. Discard peel and place squash in bowl with remainder of crock pot ingredients, milk and nutmeg.
6. Using an immersion blender, blend until smooth.

NOTES

If you do not have an immersion blender, a regular blender works as well!