

Immune-Boosting Butternut Apple Soup

Serves: 6-8

September in the Berkshires is abundant with apples and butternut squash. Combined with fresh ginger, fresh turmeric, and coconut milk these make a delicious, creamy, immune-boosting soup. Welcome to autumn!

Fresh **ginger root** gives this soup a wonderful fresh flavor while providing a variety of health benefits including pain relief/anti-inflammatory, digestive support, detoxification/elimination of toxins, motion sickness, nausea, and blood sugar regulation.



Turmeric's history is long with uses in Ayurveda and traditional Eastern Asian medicine for skin disorders, upper respiratory tract, joints, and digestion. Studies have shown benefits in digestion, inflammatory conditions, heart disease, cancer, depression, and cognition and has a favorable impact on detoxification and elimination of toxins.

Butternut squash is loaded with nutrients including beta-carotene/vitamin A, vitamin C, B vitamins, and minerals such as manganese, potassium, magnesium, iron, and copper. It's high antioxidant content helps boost the immune system, reduce inflammation, supports bone and skeletal health, aids in weight loss, and reduces PMS symptoms.

Ingredients:

- 2 T coconut oil
- 1 large onion, chopped (about 2 cups)
- 2 cloves garlic, chopped
- 1 T freshly grated turmeric root
- 2 T freshly grated ginger root
- 2 medium red apples (I like Honeycrisp) cored and chopped; peeling optional (if fresh and skins are tender, keep them on)
- 1 large butternut squash, peeled and cubed (about 8 cups)
- 4 cups broth of choice, homemade or high-quality low salt purchased (choose from a [basic vegetable broth](#) for vegetarian or a [chicken broth](#) or bone broth for added protein)
- ½ to 1 tsp sea salt (or more to taste, depends on saltiness of broth)
- 1 14-ounce can light coconut milk such as [Native Forest](#)
- Cilantro, chopped (optional)
- Toasted squash or pepitas/pumpkin seeds (optional)

Instructions:

- In a heavy stock/soup pot, sauté onion in coconut oil over medium-high heat 4-5 minutes until slightly soft.
- Add garlic, turmeric, and ginger to onions, turn heat to low and cook 2 minutes.
- Add apples, squash, 3 cups of broth, and salt. Bring to low boil over high heat, reduce to medium-low and cook covered until apples and squash are very soft, about 20 minutes.
- Add coconut milk.
- Using an immersion blender, puree until soup is smooth. Add more broth or water to desired consistency. Taste and adjust seasonings.
- Serve topped with freshly chopped cilantro and/or toasted pumpkin seeds.

Variations:

- Make it vegan/vegetarian: replace chicken broth with water and/or vegetable broth
- Replace fresh ginger with 2 tsp ground ginger
- Replace fresh turmeric with 1 tsp ground turmeric
- Time saver: purchase frozen or pre-cut butternut squash

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