

Autumn Squash Soup (Panera Copycat)

Ingredients

- 1 teaspoon coconut oil
- 1 onion diced
- 2 cloves garlic minced
- 6 cups cubed butternut squash
- 1 cup pumpkin puree
- 3 cups vegetable broth
- 1 cup apple juice
- 1 tablespoon honey
- 1/2 teaspoon curry powder
- 1/4 teaspoon cinnamon
- salt and pepper
- 1/2 cup heavy whipping cream
- pumpkin seeds for serving



Instructions

1. In a large soup pot, heat coconut oil over medium-high heat. Add onion and cook, stirring occasionally, until onion is soft and translucent. Add garlic and cook until fragrant, about 30 seconds.
2. Add butternut squash, pumpkin puree, vegetarian broth, apple juice, honey, curry powder, cinnamon, and salt and pepper. Bring to a boil, cover and lower to a simmer. Cook about 15 minutes, until the butternut squash is fork tender. Use an immersion blender or a regular blender to blend in batches until smooth. Transfer back to the pot and stir in heavy cream. Heat through.
3. Garnish with pumpkin seeds before serving.