



Butternut Squash, Tomato, and Coconut Bisque

serves 6

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 McKenzieZieglerNutrition

INGREDIENTS

- 3 Tbsp oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, minced
- 4 cups cubed butternut squash
- 1 ½ cups chopped tomatoes
- 2 Tbsp fresh or dried herbs (thyme, rosemary, basil, oregano, sage)
- 2½ cups vegetable broth
- 1 13.5 oz can unsweetened coconut cream/milk, ¼ cup reserved for garnish
- salt to taste
- squeeze of lemon, optional

INSTRUCTIONS

- Heat large pot over medium-high heat.
- Add oil.
- Add onion, garlic, and ginger. Stir and cook until softened and fragrant, about 3 minutes.
- Add butternut squash, tomatoes, and herbs. Stir and cook until ingredients begin to brown, about 5 minutes.
- Add vegetable broth and all but ¼ cup of coconut cream. Mix well. Reduce heat to medium, cover pot with lid, and simmer until butternut squash is softened, about 15 minutes.
- Blend with an immersion blender until creamy.
- Add salt to taste.
- Serve in bowls with a drizzle of leftover coconut cream and squeeze of lemon juice on top, plus crusty bread on the side.