

# PUMPKIN BASIL SOUP WITH GINGER & LIME



The sweetness comes from the caramelized onion and pumpkin; the kick from the ginger; the acid from the lime; and that palate-opening sea salt. I love this soup, as it is a joyride for the taste buds!

**Prep Time:** 25 minutes

**Total Time:** 75 to 95 minutes

**Yield:** 2 to 3 quarts (depending on size of squash)

**Equipment Needed:** Blender

## INGREDIENTS

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- 3 to 4 pound butternut squash, pumpkin, or other winter squash, halved and seeds scooped out
- 1 tablespoon liquid cooking oil: avocado oil or macadamia oil
- 2 tablespoons extra-virgin coconut oil or ghee
- 1 medium yellow onion, rough-chopped
- 2 to 3 teaspoons high-mineral sea salt
- 1 tablespoon grated ginger
- zest of 1 lime
- 1 tablespoon lime juice, juice of about half a lime
- 4 cups Mineral-Rich Bone Broth (pg. 88 in Heartful Kitchen) (chicken) or purchased low-sodium chicken stock or broth
- ¾ cup packed fresh basil

## DIRECTIONS

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1. Preheat oven to 375° and line a baking sheet with parchment paper. Rub 1 tablespoon of liquid cooking oil on the cut flesh of the butternut squash and roast cut-side down until soft, about 50 to 70 minutes.
2. In a medium sauté pan on medium heat, sauté onions in coconut oil or ghee until nice and crispy, about 10 minutes.
3. When the flesh of the squash is roasted and fork-tender, scoop it out with a spoon and discard the peel (or reserve for making stock).
4. Place all ingredients in a bowl: roasted squash, crispy onion, salt, ginger, lime zest, lime juice, broth, and basil and combine. There's no need to cook this mixture.
5. Blend in batches until very smooth and season to taste with salt and lime.
6. Re-heat prior to serving.

*Note: If you find it challenging to get your knife into the squash, put the whole squash into the pre-heated oven for 20 minutes or so as that should make it easier to cut.*