

# creamy cashew and butternut squash soup

**Makes 6-8 servings**

RECIPE ADAPTED FROM: [Goop](#)

PREP TIME: 10 minutes

COOK TIME: 40 minutes

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1 medium-size butternut squash, halved & seeded  
avocado oil  
1 cup raw cashews  
2 cups boiling water  
1 onion, roughly chopped  
2 cloves garlic, smashed  
2 tsp fresh thyme leaves  
2-4 cups vegetable or chicken stock  
salt  
pepper  
apple cider vinegar, to taste

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## NOTE

As an alternative to using a blender, you can use a handheld immersion blender to puree soup directly in the pot. This soup freezes and reheats well.

**PREHEAT** oven to 400°F. Season the squash halves with salt and pepper, drizzle with avocado oil and place them flesh side down on a parchment paper lined baking sheet. Bake until browned and tender, about 35-40 minutes.

**WHILE** that cooks, cover the raw cashews with the boiling water and let sit for at least 30 minutes.

**IN** a large pot, heat 1 tablespoon of avocado oil over medium heat. Add the onion, garlic, thyme and a pinch of salt. Let that cook for about 10 minutes until softened and fragrant.

**WHEN** the squash is cooked, let it cool slightly, then scrape out the flesh and add it to the saucepan. Cook for a minute or two just to let the flavors meld.

**ADD** the cashews and their soaking liquid to a powerful blender, and blend until smooth.

**ADD** the cooked squash and sautéed onion mixture and blend again.

**SLOWLY** pour in the 2 cups of stock and blend until smooth. Add more stock until desired consistency is reached.

**RETURN** the mixture to the pot, bring to a boil, and simmer gently for 5 minutes. Taste and add salt, pepper and a splash or two of apple cider vinegar if desired.

**SERVE** as a side or appetizer, or to make it a complete meal, add leafy greens and cooked chicken, and continue simmering for another 5 minutes.

