



Butternut Squash and Sweet Potato Soup

This butternut squash and sweet potato soup is a nourishing Ayurvedic soup recipe that combines naturally sweet root vegetables with warming digestive spices.

Servings: 4

Preparation Time: 40-50 minutes



Ingredients

- 3-4 Tablespoons **ghee** or **make your own**
- 1/2 teaspoon **cumin seeds**
- 1/2 teaspoon **coriander seeds**
- 1/4 teaspoon **ground black pepper**
- 1/2 to 1 inch fresh ginger, chopped
- 1/2 medium onion, chopped
- 1/4 teaspoon **ground cinnamon**
- 1/4 teaspoon **ground cardamom**
- 1/2 teaspoon **powdered turmeric**
- 1 small butternut squash, cubed
- 1 medium sweet potato, cubed
- **salt** to taste
- fresh cilantro for garnish
- **pumpkin seeds** for garnish

Instructions

- In a soup pot, heat ghee on medium heat.
- Add cumin seeds when the ghee is hot enough to make them sizzle and dance in the pan.
- Add coriander seeds and ground black pepper.
- Add chopped ginger and cook until golden.

Butternut Squash and Sweet Potato Soup (Cont.)



Instructions

- Add chopped onion and salt. Cooking until the onion is translucent and maybe even a little browned.
- Sprinkle in ground cinnamon, ground cardamom, and powdered turmeric.
- Add cubed butternut squash and sweet potato. Sauté until covered in ghee and spices.
- Sprinkle in ground cinnamon, ground cardamom, and powdered turmeric.
- Add water to cover.
- Bring to a boil and boil until soft.
- Purée in a blender or with an immersion blender. Be very careful when blending hot items. Be sure to leave extra space in the blender and hold the lid in place.
- Garnish with cilantro and pumpkin seeds.
- Variations: This recipe is also delicious with carrots or parsnips.

This recipe is appropriate for all dosha types in cool, dry fall and early winter. It may be a bit heavy for Kapha, and as a spring meal.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

