

Kale & Butternut Squash Soup

Cruciferous vegetables such as broccoli, cauliflower, brussels sprouts, kale, bok choy, cabbage, etc. contain very specific and unique phytonutrients such as indole-3-carbinol that help to fight against estrogenic compounds...

4 servings

4 cups stock (vegetable or chicken or water)
2 cups butternut squash, peeled and chopped
4 cups chopped kale leaves
4 cloves chopped garlic
4 sprigs rosemary
4 sprigs thyme
1 tsp nutmeg
1 tsp Celtic sea salt
1 Tb coconut oil

- Heat stock in a medium soup pot. Add squash. Cover and boil. Simmer 5 minutes until the squash begins to soften.
- Add the kale, garlic, rosemary, thyme, nutmeg and sea salt.
- Reduce heat, simmer for 5-10 minutes until squash is tender. Turn off the heat.
- Add the coconut oil. Remove the herb sprigs
- Take out 1 ½ cups of the soup and puree in a blender.
- Return to the pot.
- Mix and taste to adjust flavor
- Enjoy this with a side of cultured vegetables for optimum health and mineral absorption. This is a delicious, mineral rich soup that is also low in oxalates.