



X **SIMA**



Butternut Squash Soup with Sima Cohen

by Annie Martin / May 30, 2017

What's your favorite cooking triumvirate? Sima Cohen nailed "sweet, savory, and simple" with an amazing butternut squash soup featuring our own Primal Kitchen® Extra Virgin Avocado Oil. We love it! Sima encourages people to live, laugh, love, and eat, and this recipe is a great sneak peek into her fitness program and food philosophy. The soup works as a full meal, and is filled with high ORAC herbs and spices, healthy fats, and an amazing amount of Vitamin A (go butternut squash!).

Link to article:

<https://www.primalkitchen.com/butternut-squash-soup-with-sima-cohen/>

Primal Kitchen

website: <https://www.primalkitchenfoods.com>

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INGREDIENTS

1 medium sized onion
1 butternut squash
Several sprigs of fresh thyme
Turmeric root
Cumin
2 cups organic vegetable broth
Red chili flakes
Primal Kitchen® Extra Virgin
Avocado

INSTRUCTIONS

Dice the onion.
Cut off the ends of the butternut squash, and peel away the skin. Carve out the seeds, and then slice and cube the body and neck of the butternut squash.
Prepare small pieces of fresh thyme.
Sauté the diced onions in Primal Kitchen® Extra Virgin Avocado Oil, and season with fresh thyme in a large cook pot .
Add the cubes of butternut squash on top of the onions.
Sprinkle in a good pinch (each) of turmeric root and cumin.
Pour in 2 cups of organic vegetable broth, and bring the whole thing to a simmer.
Transfer the mixture into a food processor.
Pureé until smooth.
Pour the soup into a bowl.
Finish with a sprinkle of red chili flakes and fresh thyme on top.

Enjoy!

