

Butternut Squash Soup

INGREDIENTS

- 3-4 Cans Organic Butternut Squash
- 6 Cups Beef Bone Broth made with 5280Meat Bones
- 3 Tablespoons OMGhee
- 1 Yellow Onion
- 3 Cloves Garlic
- 2 TBS FlavorGod Garlic Lovers Seasoning
- 2 TBS Basil
- 2 TBS Oregano
- 1 TBS Himalayan Sea Salt
- 2 TSP Black Pepper
- 1 Scoop Homemade Yogurt
- 1 TBS Omega 369 Oil
- Parsley

1. Heat ghee in saucepan. Once melted, add diced onions and garlic and cook until onions translucent.
2. Add butternut squash and mix well. Add in bone broth until well incorporated.
3. Season mixture with FlavorGod, basil, oregano, salt and black pepper and let simmer for 15-30 minutes.
4. Take mixture off heat and let cool to room temperature. Once cooled, use a hand mixer or Vitamix to puree into a smooth, creamy consistency (usually about a minute on medium setting).
5. Return saucepan to heat if serving hot. Add a scoop of yogurt or sour cream and garnish with Omega 369 Oil and chopped parsley.