

Creamy Butternut Squash, Sweet Potato, Apple Soup

This makes enough for 8-10 servings, or about 2 medium Harvest Right freeze dryer trays.*

[Adventures in Freeze Drying for Beginners: Beginner Mistakes and Soup!](#)

Ingredients:

2 Tbsp coconut oil	1 tart-sweet Apple (Pink Lady, Honey Crisp etc.) cored and cut into 1-2 inch chunks
1 medium sweet onion chopped	1 tsp dried sage (I use Thyme)
3 garlic cloves peeled and chopped	¼ tsp pumpkin pie spice or just cinnamon
1 medium butternut squash, peeled, seeded and cut into 1-2 inch chunks	¼ tsp dried ginger
1 medium sweet potato peeled and cut into 1-2 inch chunks	½ tsp kosher salt
½ can full-fat coconut milk	⅛ tsp fresh cracked pepper
Toasted pumpkin seeds, coconut cream and smoked paprika for topping	2 cups vegetable stock or chicken bone broth



Directions:

1. Using Instant Pot, saute onion and garlic using coconut oil.
2. Add Squash and potato, stir to combine, cook for a few minutes until squash begins to soften, stirring occasionally.
3. Add all other ingredients except Coconut Milk. Stir to combine. Close Instant Pot
4. Press the "Manual" button and set the timer to 10 minutes on high pressure. Let the pressure release manually at the end of the cycle.
5. Using an immersion blender or pouring carefully into a large blender, puree the soup. Blend until smooth.
6. Add the coconut milk and additional seasonings to taste. Blend to combine
7. Top with toasted pumpkin seeds, coconut cream, dash of smoked paprika if desired.
8. Pour into trays and pre-freeze before freeze drying, then Freeze Dry.
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: I miss froze my soup so it was too thick. Cycle time was 56 hours in Medium with Premier Pump

Rehydrate: I powdered mine. Mine rehydrated at a 1:2 ratio powder to liquid. This can be thicker or thinner to taste.



Live.

Life. www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray

Simple.