
THE **CrossFit** *kitchen*

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Sweet Cheeks Headquarters

POT OF GOLD SOUP

by Shirley Brown and Alyssa Dazet
Sweet Cheeks Headquarters

overview

Soup can be tricky, and soup can be sticky. But not this soup. This soup is simple to make, and, well, maybe just a little sticky. In keeping with seasonal cooking, we use pre-cut butternut squash to simplify the recipe. Involve your kids in making it with you, as they can easily help toss the squash with olive oil and use the immersion blender to purée. This soup is well worth its weight in gold.

makes 4-6 servings

ingredients

- 2 packages pre-cut butternut squash (12 oz. each)
- 5 sage leaves
- 1 cup of coconut milk
- 20 oz. Trader Joe's chicken broth
- Salt to taste
- 4-6 slices of bacon (can be cooked ahead of time)
- 1 tbsp. coconut oil
- Olive oil for baking

directions

1. Cook the bacon at 400 F on a wire rack for 15-20 minutes. Let it drain on a paper towel. This can be cooked the day of or ahead of time.
2. Toss the butternut squash with a small amount of olive oil. Salt it lightly, and then place it in a 9 x 13-inch baking pan and cook it for 20-30 minutes at 400 F, until it becomes very soft and fork tender.
3. Heat a large pot at medium heat and add the coconut oil. Once the oil is hot, fry the sage leaves. This takes about 2-3 minutes.
4. Add the roasted butternut squash, the broth and the coconut milk, and cook for approximately 15 minutes.
5. Remove from the heat and purée the mixture with an immersion blender until it is smooth.
6. Return the purée back to the pot and cook it for another 10 minutes.
7. Add salt and pepper to taste.
8. Top with chopped bacon and serve warm.