

Paleo Diet

Tips On Making Your Own Paleo Recipes

Below are 5 simple tips that are going to make cooking your own paleo recipes easier than ever.

- Keep it simple (don't get distracted by shiny recipes – making recipes simple will help keep you consistent).
- Learn 5 meals (Make them your “go-to” paleo recipes and you'll be sure to “wow” your friends).
- Use The Grill (the grill is your friend and can make a meal out of anything you have in your fridge).
- When in doubt, use butter (coconut oil also works here)
- Have fun (don't take cooking so serious – have fun, experiment and try new things!)

The best part about paleo recipes is that they can feel indulgent – it can be FUN to make paleo recipes. You're not always counting calories or choking down bad food – but having fun and eating delicious whole food that your body craves. That's why paleo is so awesome and that's why people get results.

Roasted Butternut Squash Soup

Get into the habit of buying a butternut squash whenever you're at the store. They're so versatile and able to be used in so many ways, that you'll have no trouble finding a Paleo friendly recipe to use it in. Here she'll show you exactly how to take that big bulky squash and tame it so it becomes a tasty soup.



If you've always avoided these types of squash because you didn't know how to prepare it, now's your chance to learn how, and it will be a skill you can use again and again when eating on the Paleo plan.

The ingredients are quite simple: a squash, an apple, an onion, and carrots. A little bit of tartness from the green apple balances the sweetness of the squash, with some heat added by chili powder. Multiple levels of flavor develop wonderfully together from the spices added throughout the process.

First things first. How do I take a store-bought squash and transform it into something I can cook? To prepare a butternut squash, first cut a thin slice off the bottom of the squash so that it can stand flat on the counter and is easier to handle. Next, peel off the outer layer off the squash. Then, using a sharp large knife, cut the squash in half lengthwise, and scoop out the seeds. You can either discard of the seeds or rinse them and roast in the oven. Lastly, dice the peeled and seeded squash into cubes. Of course, you could also buy pre-cubed squash from the grocery store to make life a little easier.

For this recipe you don't need to worry about making the cubes uniform, because they will be blended eventually. The same goes for the shapes of the sliced apple, onion and carrots. Everything is roasted in the oven after being tossed with some spices, and then combined in a large pot with some chicken stock to simmer. The more chicken broth that you add, the soupier it will be.

As you may be able to tell from the photos, I usually prefer heartier, thicker soups. Those kinds of soups usually call for adding cream or dairy, so I really love this healthier option, which only adds broth.

You can probably guess what I use to make it all come together. The immersion blender strikes again. After all of the ingredients are done roasting, you simmer them together in a large pot with the chicken broth and some added spices. Then puree with an immersion blender until it reaches your desired consistency.

The end result is a creamy, delicious and ridiculously healthy soup. It is a perfect fit for the fall and bursting with flavor.



Ingredients

- ❖ 1 large butternut squash (about 5 lbs)
- ❖ 1 green apple, sliced and cored
- ❖ 1 small yellow onion, chopped
- ❖ 2 carrots, chopped
- ❖ 3 tbsp olive oil
- ❖ 2 tsp cinnamon
- ❖ 1 1/2 tsp salt
- ❖ 1/2 tsp cumin
- ❖ 1 tsp chili powder
- ❖ 2 tbsp ghee
- ❖ 3 cups chicken broth

Instructions

- ❖ Preheat oven to 400 degrees F. In a large bowl, combine the butternut squash, olive oil, 1 tsp cinnamon, 1/2 tsp salt, and 1/2 tsp cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.
- ❖ Next, in the same bowl that the butternut squash was in, toss the apple slices, onion, and carrots to coat with the remnants. Place on a second rimmed baking sheet and add both baking sheets to the oven. Roast for 35-40 minutes until soft, stirring once.
- ❖ Heat up ghee over medium heat in a large pot on the stove. Add the roasted ingredients and then the chicken broth. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.
- ❖ Using an immersion blender, combine the ingredients until smooth, or transfer to a blender to puree. Serve warm.

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