



## BUTTERNUT SQUASH SOUP<sup>o</sup>

**SERVES: 9** (approx. 1 cup each) Prep Time: 10 min. Cooking Time: 48 min.

CONTAINER EQUIVALENTS: 2 1



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| <p><b>2</b> medium butternut squash, cut in half lengthwise, seeds removed</p> <p><b>1 Tbsp.</b> olive oil</p> <p><b>Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)</b></p> <p><b>4 cloves</b> garlic</p> <p><b>4</b> fresh thyme sprigs</p> <p><b>4 cups</b> low-sodium, organic vegetable broth, <i>divided use</i></p> <p><b>9 Tbsp.</b> <b>Pepper Jam</b><br/>(see separate recipe for <b>Pepper Jam</b>)</p> <p><b>18 tsp.</b> <b>Spicy Yogurt</b><br/>(see separate recipe for <b>Spicy Yogurt</b>)</p> <p><b>Chopped fresh cilantro (for garnish; optional)</b></p> | <ol style="list-style-type: none"> <li><b>1.</b> Preheat oven to 425° F.</li> <li><b>2.</b> Lay squash skin side down on a baking sheet. Drizzle with oil. Season with salt and pepper, if desired.</li> <li><b>3.</b> Place 1 garlic clove and 1 thyme sprig into the seed pocket of each squash half. Cover with aluminum foil.</li> <li><b>4.</b> Bake for 35 to 40 minutes, or until squash is soft, but not dried out. Remove from oven. Let squash rest until it is cool enough to handle.</li> <li><b>5.</b> Peel squash; discard skin and thyme.</li> <li><b>6.</b> Place squash, garlic, and <i>1 cup</i> broth in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.</li> <li><b>7.</b> Place squash mixture and <i>remaining 3 cups</i> broth in large saucepan; cook, over medium-high heat, stirring frequently, for 5 to 8 minutes, or until hot. If soup is too thick add water.</li> <li><b>8.</b> Evenly divide soup into nine serving bowls. Top each with 1 Tbsp. Pepper Jam, 2 tsp. Spicy Yogurt, and cilantro (if desired).</li> </ol> |
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<sup>o</sup>**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

**NUTRITIONAL INFORMATION** (per serving): Calories: 104 Total Fat: 2 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 197 mg Carbohydrates: 20 g Fiber: 3 g Sugars: 6 g Protein: 4 g


Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.


Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

## PEPPER JAM



**SERVES: 18** (approx. 1 Tbsp. each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS: Free (¼ cup equal to  ½)

VEGAN CONTAINER EQUIVALENTS: Free (¼ cup equal to  ½)

- 1** medium red bell pepper, roasted over gas burner until skin is black
- 3** canned chipotle chili peppers in adobo sauce, coarsely chopped
- 1-inch slice** fresh ginger, peeled, cut into pieces
- ¼ cup** coarsely chopped carrot (approx. ½ medium)
- 1 tsp.** olive oil
- 1 tsp.** finely grated lemon peel (lemon zest)
- 4** medium dried figs, cut in half, seeds removed, skin discarded
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place blackened bell pepper in glass bowl and cover with lid or plastic wrap. Let sit for 10 minutes to cool.
- 2.** Run bell pepper under water to remove all skin. Cut in half. Remove and discard stem and seeds. Coarsely chop bell pepper.
- 3.** Place bell pepper, chipotle chili peppers, ginger, carrot, oil, lemon peel, figs, and salt in food processor (or blender); cover. Blend until smooth.


### RECIPE NOTE:


- Store jam in an airtight container, in the refrigerator, for up to 5 days.


### SERVING SUGGESTION:


- Great on toast or as a sandwich spread.

**NUTRITIONAL INFORMATION (per serving):** Calories: 14 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 81 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 0 g

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Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.


Recipes containing the  icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



## SPICY YOGURT

**SERVES:** 9 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 3 min.

**CONTAINER EQUIVALENTS:** Free ( 6 Tbsp. equal to  ½)

|         |                                     |
|---------|-------------------------------------|
| ½ tsp.  | fennel seeds                        |
| ½ tsp.  | cumin seeds                         |
| ½ cup   | reduced-fat (2%) plain Greek yogurt |
| 1 pinch | sea salt (or Himalayan salt)        |
| 1 pinch | ground black pepper                 |

1. Heat small nonstick skillet over medium-high heat.
2. Add fennel and cumin; cook, stirring frequently, for 2 to 3 minutes, or until fragrant. Remove from skillet.
3. Grind toasted seeds in blender.
4. Combine yogurt, ground seeds, salt, and pepper in a small bowl; mix well. Refrigerate, covered, for at least 30 minutes.


### RECIPE NOTES:

- Toasted seeds can also be ground in a small food processor (or with a mortar and pestle).
- Store in an airtight container, refrigerated, for up to 4 days.

### SERVING SUGGESTION:

- Make up a batch of this yogurt and use it as a dip for raw vegetables.

**NUTRITIONAL INFORMATION (per serving):** Calories: 10 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 20 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 1 g Protein: 1 g

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