

Long Livo

Butternut Squash Soup with Coconut Milk and Grilled Cheese

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Soup

- [ ] 1 large butternut squash (about 3 lbs), peeled, seeded, and cubed
- [ ] 2 tablespoons olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 4 cups vegetable broth
- [ ] 1 teaspoon ground cumin
- [ ] 1/4 teaspoon ground nutmeg
- [ ] 1 (13.5 oz) can full-fat coconut milk
- [ ] Salt and black pepper to taste

For the Grilled Cheese

- [ ] 8 slices of bread (sourdough or your favorite)
- [ ] 4 tablespoons butter, softened
- [ ] 8 slices of cheese (cheddar, gruyère, or American)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook, stirring occasionally, until it's soft and translucent, about 5-7 minutes. Add the minced garlic and grated ginger and cook for another minute until fragrant.
2. Add the cubed butternut squash, vegetable broth, cumin, and nutmeg to the pot. Bring to a boil, then reduce the heat to low, cover, and simmer for about 20-25 minutes, or until the squash is very tender when pierced with a fork.
3. While the soup is simmering, make the grilled cheese. Butter one side of each slice of bread. Place a slice of cheese between two slices of bread, buttered sides out. Cook in a skillet over medium-low heat for 3-4 minutes per side, until the bread is golden brown and the cheese is melted. Repeat for all sandwiches.
4. Once the squash is tender, remove the soup from the heat and let it cool slightly. Carefully blend the soup in batches in a blender until completely smooth, or use an immersion blender directly in the pot.
5. Return the pureed soup to the pot over low heat. Stir in the coconut milk until well combined. Heat gently until warmed through, but do not boil. Season with salt and pepper to taste.
6. Ladle the hot soup into bowls. Cut the grilled cheese sandwiches in half and serve immediately alongside the soup for a comforting, complete meal.

Nutrition per serving

420 kcal	8 g	38 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother soup, you can strain it through a fine-mesh sieve after blending.
- The soup can be made 1-2 days ahead of time and reheated gently.
- Add a pinch of cayenne pepper if you like a little heat.
- Garnish with a drizzle of coconut milk, pumpkin seeds, or fresh herbs.