



## Sensational, Hi-Vibe & Delish Baja Butternut Squash Soup

Watch the YouTube video via the blog post @ [www.noblealchemy.com](http://www.noblealchemy.com)

There's something magical about a bowl of velvety, flavor-packed soup that warms you from the inside out—and this one delivers that magic in every spoonful. With the natural sweetness of butternut squash, a medley of warming spices, and the silky richness of coconut milk, it strikes the perfect balance between comfort and vibrancy.

Originally a Thanksgiving first course, it quickly became a must-have tradition at my table. But honestly? It's way too good to save for just one holiday. Whether you're cozying up on a crisp evening, looking for a nourishing meal, or craving something smooth, flavorful, and packed with feel-good ingredients—this soup is calling your name.

So, what makes it Baja-inspired? The subtle smoky heat of chipotle chili and bold chili spice, layered with ginger, cumin, and a surprising pinch of nutmeg, take this classic autumn soup in a whole new direction. Finished with toasted pumpkin seeds, coconut flakes, and fresh chives, it's creamy yet light, deeply satisfying, and downright *craveable*.

And the best part? It's incredibly easy to make, meal-prep friendly, and freezes like a dream. Reheat it on the stove or in a crockpot with zero fuss—so go ahead and make a big batch.

Serve it as a show-stopping starter, a cozy lunch, or your main event. Just be warned: one bowl might not be enough.

### Ingredients

- 4 cups vegetable broth, divided, organic
- 1 large yellow onion, roughly chopped, organic
- 2 carrots, sliced, organic
- 2 celery stalks (with leaves), sliced, organic
- 4 garlic cloves, whole, organic
- 2-inch piece of fresh organic ginger, grated, organic
- 2 lbs fresh or frozen butternut squash, peeled and roughly chopped (*see Cook's Note*), organic

- 2 tsp cumin, organic
- 1 tsp ground chipotle chili powder, organic
- ¼ tsp ground nutmeg, organic
- ½ tsp dried oregano, organic
- ⅛ tsp ground turmeric, organic
- 1 tsp sea salt
- ½ tsp ground black pepper, organic
- 1 (15 oz) can light coconut milk, organic

#### **Garnishes:**

- ½ cup raw pumpkin seeds (pepitas), organic
- ½ cup unsweetened coconut flakes, organic
- Chives or Parsley, finely chopped, organic

### **Procedure**

#### **1. Prep the Veggies:**

Wash and chop all fresh vegetables as directed.

#### **2. Sauté the Base:**

In a large soup pot, add ¼ cup of vegetable broth over medium heat. Add onion, carrots, celery, and garlic. Sauté for 10–15 minutes, stirring occasionally, until carrots are fork-tender.

#### **3. Add Squash & Simmer:**

Pour in 1¾ cups of vegetable broth. Add the chopped butternut squash. Stir, cover, and simmer for about 15 minutes (if using frozen squash) or up to 25 minutes (if using fresh), until the squash is soft.

#### **4. Cool Slightly for Blending:**

Turn off the heat and let the soup cool for about 15–20 minutes so it's safe to handle.

#### **5. Toast the Toppings:**

While the soup cools, preheat your oven to 400°F. Spread the pumpkin seeds and coconut flakes on separate baking sheets and toast for 5 minutes each, or until lightly golden. Set aside.

#### **6. Blend Until Smooth:**

In batches, puree the soup in a high-speed blender until silky smooth. Pour each blended batch into a large bowl, then transfer the full batch back to the soup pot. *(Alternatively, use an immersion blender directly in the pot.)*

#### **7. Spice It Up:**

Stir in cumin, chipotle chili powder, nutmeg, oregano, turmeric, sea salt, and pepper. Mix well.

#### **8. Add Coconut Milk & Final Broth:**

Add the can of coconut milk and the remaining vegetable broth. Stir thoroughly to combine.

#### **9. Simmer & Serve:**

Cover the pot and heat gently until it just reaches a low boil. Reduce heat to low and simmer for 15–20 minutes to let the flavors meld.

#### **10. Garnish & Enjoy:**

Ladle soup into bowls and top with toasted pumpkin seeds, coconut flakes, and fresh chives.



#### **Cook's Note:**

You can use any fall squash here—honey nut, buttercup, or a combo with butternut all work beautifully. Just make sure it's peeled and chopped before simmering.

Bon Appetit!