

## Ultra Creamy Slow Cooker Butternut Squash Soup (Easy, Cozy & Healthy!)

Slow Cooker Butternut Squash Soup: The Ultra Creamy & Cozy Fall Favorite



METHOD

**Slow cooker**

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**ChefManiac**

### INGREDIENTS

Swaps and Notes:

**For a Vegan/Dairy-Free Soup:** This recipe is naturally vegan if you use vegetable broth and coconut milk (full-fat canned is best for creaminess).

**The Apple Secret:** Don't skip the apple! It adds a beautiful, subtle tartness and sweetness that balances the earthy squash. I prefer Honeycrisp or Fuji for their crispness and mild flavor.

**Spice Level:** If you want a little kick, add a pinch of cayenne pepper or a dash of hot sauce before blending.

**Sweetness Control:** Butternut squash varies in sweetness. If you find your soup needs a little boost, add 1-2 tablespoons of maple syrup or brown sugar after blending.

### DIRECTIONS

1. Follow these simple steps for the creamiest soup imaginable.
2. **Step 1: Prep the Ingredients:** Peel and cube your butternut squash. Slice the carrots, dice the onion, chop the apple, and mince the garlic.
3. **Step 2: Load the Slow Cooker:** Add the butternut squash, carrots, apple, onion, garlic, vegetable broth, nutmeg, cinnamon, salt, and pepper into your slow cooker. Do not add the coconut milk/cream yet.
4. **Step 3: Cook:** Stir the ingredients gently to combine. Cover the slow cooker and cook on LOW for 6-7 hours or on HIGH for 3-4 hours. The soup is ready when the vegetables are very soft and can be easily mashed with a fork.
5. **Step 4: Blend Until Smooth:** Once cooked, turn off the slow cooker. Use an immersion blender to blend the soup right in the pot until it is silky smooth. (If you don't have an immersion blender, carefully transfer the soup in batches to a standard blender, filling it no more than halfway, and hold the lid down with a towel to guard against steam.)
6. **Step 5: Finish and Serve:** Stir in the 1/2 cup of coconut milk or heavy cream (if using) for extra richness. Taste and adjust the seasoning-you might need more salt or pepper. Serve the soup warm.

### SWAPS & NOTES

Butternut Squash 1 large Peeled and cubed.

Tip: Buy pre-cut squash to save time!

Carrots 2 Sliced Apple 1 Chopped (Honeycrisp or Fuji works great!) Onion 1 Diced Vegetable Broth 3 cups You can also use

chicken broth for a richer flavor.

Garlic 2 cloves Minced Ground Nutmeg 1/2 teaspoon Essential for that classic fall flavor.

## TIPS FOR SUCCESS

Pre-cut is Your Friend: Peeling and cubing a butternut squash can be time-consuming.

Look for pre-cut squash in the produce section to make this a 10-minute prep meal.

Don't Overfill the Blender: If you're using a standard blender, remember the golden rule of hot liquids: never fill the container more than halfway.

The steam pressure can cause the lid to blow off.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/ultra-creamy-slow-cooker-butternut-squash-soup-easy-cozy-healthy/>