

## Squash Soup

- 1      tablespoon olive oil
- 1      small yellow onion, chopped
- 1      celery rib, chopped
- 2      medium-sized sweet potatoes or carrots, peeled and diced
- 1      medium butternut squash, peeled, seeded, and cut in chunks
- 4-6   cups stock or water
- 1 tsp  dried sage

salt and pepper to taste

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Sauté the vegetables in oil for about 5 minutes

Add sage and stock or water

Bring to a boil, then simmer for about 30 minutes or until vegetables are tender.

Working in batches, puree the soup in a blender or food processor, or directly in the soup pot using an immersion blender.

Taste to adjust the seasonings and serve hot.

*Recipe adapted from Lisa Peterson*

Tip:   to make it easier to cut and peel squash, pierce some holes in it with a fork then microwave it on high for about 5 minutes

## Curried Squash Soup

1	medium onion
3	cloves garlic, minced
2	carrots
4 cups	acorn squash
1 tbsp	margarine
1 tsp	curry powder
1 tsp	ground cumin (optional)
4 cups	low sodium chicken broth
3 tbsp	chopped fresh cilantro or parsley
¼ tsp	hot sauce

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- ❖ Chop the onion and carrots. Peel, seed and chop the squash.
- ❖ In heavy saucepan on medium heat, sauté the onion, garlic, carrots, and squash in the margarine for about 5 minutes.
- ❖ Stir in curry and cumin and cook for an additional minute.
- ❖ Add water and chicken bouillon; bring to a boil. Reduce heat and simmer for 25 minutes or until all vegetables are tender.
- ❖ Purée in blender until smooth. Stir in chopped cilantro (or parsley) and hot sauce.

*"Celebrating Heart Health" by Becel*

## Butternut Squash Soup

1	butternut squash, peeled and cut into chunks
1	apple, peeled and chopped
1	onion, chopped
2	garlic cloves, whole
2 tbsp	olive oil
½ tsp	cinnamon
½ tsp	ginger
½ tsp	nutmeg
4 cups	chicken broth, low sodium
2 tbsp	maple syrup (optional)
	freshly ground pepper to taste

- In a large pot; heat oil on medium temperature and sauté onion for about 5 minutes.
- Stir in the garlic cloves and spices; cook for another 30 seconds.
- Add the squash and apple; cover with chicken broth.
- Bring pot to a boil then turn down the heat and simmer for about 25 minutes or until the squash is tender.
- Puree the vegetables in small batches. Put puree in separate pot. Stir in the maple syrup (optional).
- Add more chicken broth (or apple juice) according to desired thickness; season with pepper.
- Top with chopped green onions and toasted pumpkin seeds (optional).
- Makes 6 servings.