

Recipe – Puréed Squash Soup

Ingredients:

Soup Base

- 8 small turnips, chopped
- 5 celery stalks, diced
- 2 onions, chopped
- 6 carrots, chopped
- 3-4 cloves garlic, minced
- Olive oil to coat a sauté pan

Soup Ingredients

- 2 medium squash (butternut, acorn, delicata)
- 1 apple, skinned, cored and chopped fine
- 1 bunch parsley, chopped fine
- 1 pinch sea salt

Directions:

Preheat oven to 350° (400° for acorn squash)

Cut squash in half and remove the seeds

Coat the squash meat with olive oil and place the squash, cut side down (cut side up for acorn squash), in a shallow pan or on a cookie sheet

Bake about 30 minutes (1 hour for acorn squash) or until soft when pricked with a fork

Coat pan with olive oil

Sauté all the vegetables for the soup base until they are soft

Add the cooked squash, mixing the squash meat into the soup base vegetables

Add chopped apple

Add 1 cup of water or broth

Pour the soup into a large bowl

Purée small amounts of the soup in a food processor, returning the puréed portions to the pan on very low heat or purée the entire soup with an immersion blender

Add additional water or broth to the soup until it attains the desired consistency

Add a pinch of sea salt

Return soup to bowl and serve