



Butternut Squash Soup

1 Butternut squash (I used Buttercup but any squash will do) washed, cut in half, seeded, roasted face down on a cookie sheet with a bit of water for about 20-30 min at 350°

3 Tbsp. butter

¾ c. onion, chopped

2-3 carrots, peeled and sliced

1 potato, peeled and sliced

5 c. chicken stock (or more)

½ tsp. cumin

½ - 1 dried red chili pepper (depending on how spicy you like it), ground with mortar and pestle or crumbled

Salt and ground pepper

½ c. cream

Yogurt or Sour cream, parsley or sprouts, red pepper flakes

In a large pot over medium heat, melt butter and sauté onions for 2 minutes. Add carrots and potato. Cook for 5 min stirring frequently. Add chicken stock and bring to a boil. Reduce to simmer for 30 min or until vegetables are tender. Scoop out squash and add to vegetables. Puree in with an immersion blender or in batches in a regular blender. If you would like the soup a bit thinner, add water or stock here. Return to pot and stir in cream. Garnish with parsley and red pepper flakes. Add a dollop of yogurt or sour cream before eating.

Makes 6 servings.

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