

GINGERED BUTTERNUT SQUASH SOUP

Serves: 6-8

ingredients

1 large onion, chopped
1 stalk celery, chopped
3 cloves garlic, chopped
2" piece ginger root, peeled & grated
1 1/2 teaspoon curry powder
1 teaspoon pumpkin pie spice
3 cups diced & roasted butternut squash*
1 small apple, diced & with peel
4 cups low-sodium vegetable broth
1 cup milk, almond milk, or light coconut milk
Salt, pepper, and hot sauce to taste
for garnish, if desired
Roasted cashews, chopped
Fresh parsley, chopped



directions

Heat a large soup pot over medium-low heat. Once hot, add the onion, celery, and garlic. Add the dry spices and ginger. If the vegetables begin to stick, add 1 tablespoon of water or vegetable broth at a time, as needed. Cook the vegetables for about 5 minutes, until softened.

Add the broth, apple and roasted squash. Simmer for about 15 minutes, until apple is soft. Reduce heat to low.

Puree with a food processor or immersion blender. Add your preferred milk until heated (be sure the soup does not come to a boil if using cow's milk). Season to taste. Add desired garnish.



***To Roast Squash:** You can choose to buy pre-diced squash. If using full squash, rinse under water briefly. Prick the squash with a fork and microwave for about 5 minutes. When cool enough, cut the squash horizontally in half. Using a spoon, remove the seeds and strings. Place on a foil lined cookie sheet, lie open faced, lightly season with salt & pepper, brush with 1 tablespoon of oil and roast 25-30 minutes at 400 degrees. When the squash is soft, allow it to cool and scoop out the flesh with a spoon.

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