

Recipe: Organic Squash Soup

Category: Soup

Yield: 1 qt

Butternut Squash ~ 1 Large

Sweet Onion ~ 1 ea

Freshly Squeezed Orange Juice ~ 2oz

Vegetable Stock 1 qt

Brown Sugar ~ 2 Tablespoon

Smoked Paprika ~ 1 teaspoon

Nutmeg ~ 1 teaspoon

Cinnamon ~ 1 teaspoon

Sachet (Thyme, Bay Leaves, Black Peppercorns, Parsley) ~ 1 Bunch

Salt and Pepper to Taste

Method: Take Organic Squash (Butternut or Georgia Candy Roaster), cut into two pieces, cut 1 side in half and leave the skin on. Toss that Squash with Oil, Salt and Pepper and ½ of dry spices. Roast Skin Side up in oven at 400 degrees until soft, about 10-15 min. Remove from oven, let cool slightly and scrape out flesh. While Squash is roasting, peel the other half and large dice squash. Place heavy duty pot on stove with a little corn oil and bring to medium heat. Add squash, julienne onions, whole butter and start to sweat, releasing all the water from vegetables, avoid color. Once the Squash and Onions have started to cook add in your dry spices and continue to cook for 3-5 min. Add in Orange Juice, Vegetable Stock, Sachet, Salt and Pepper and roasted squash and bring to boil and then turn down to simmer. Simmer for about 10-15 min until everything is super soft. Remove from the heat and start to add, mixture to blender to blend super smooth. Once pureed you can strain to get even smoother texture or keep as is. If a little thick to puree, add small amounts of vegetable stock at a time. Place back onto stove to adjust seasoning as needed.

Garnish: Lots of different items work in this soup. Fresh Local apples diced, cinnamon whipped cream, candied nuts can give a nice crunch. Also just great on its own.