



## CELEBRATE WINTER SQUASH

### CREAMY SQUASH SOUP

ADAPTED FROM *New Recipes from Moosewood Restaurant*

- 1 medium butternut squash (about 2 cups cooked) or  
canned squash or pumpkin
- 2 TBS sunflower oil
- 2 cups chopped onions
- 1 small carrot, peeled and diced
- 1 medium sweet potato, peeled and diced
- 2 cooking apples, peeled, cored and chopped
- 3½ cups water
- 1 can coconut milk (full fat, not light)
- 1/8 tsp cinnamon (or more to taste)
- 1-1½ tsp salt (or to taste)
- Pinch of black pepper
- 1-1½ tsp curry powder (optional, may be added at  
table)



1. Cut the squash in half and scoop out the seeds. Place it with the cut side down on a lightly oiled baking pan, cover and bake at 350° about one hour, until soft. Cool and scoop out the flesh and discard the skins. Alternatively, squash may be peeled, cubed and boiled rather than baked, or you may use canned squash
2. While the squash is cooking, sauté the onions in the oil in a soup pot until they are translucent.
3. Add carrots, sweet potato, apples and water. Bring to a boil, lower the heat, and simmer for about 20 minutes, until all the vegetables are tender.
4. Blend the squash, vegetables, stock, and coconut milk using an immersion blender in the soup pot, or in small batches in a blender, filling about half the container, until you have a smooth, creamy consistency.
5. Heat the soup on low heat until it is hot, but not boiling. Add the cinnamon (and optional curry powder). Season to taste with salt and pepper.

*Adapted by Tom and Connie Green*