



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Simple Winter Squash Soup

Ingredients:

- 3 tablespoons olive oil
- 1 large winter squash, peeled and chopped into 1 inch cubes (butternut, delicata, sweet meat, etc.)
- 2 large carrots, peeled and chopped
- 2 small potatoes, peeled and chopped
- 1 medium onion, chopped
- 4 cups low-sodium vegetable broth
- ½ teaspoon celery seed
- 1½ teaspoons dried sage
- Salt and pepper to taste
- Water as needed

Serves 10

*90 calories, 3.5 g fat, 0.5 g saturated fat,
15 g carbohydrate, 4 g fiber, 1 g protein,
105 mg sodium*

Source: Linus Pauling Institute

Directions:

1. In a very large pot, add all ingredients and sauté for 20-30 minutes over medium heat, or until all vegetables are soft enough for a fork to easily pierce.
2. Puree cooked soup with a hand blender or in batches in a food processor until you reach desired consistency, adding water as needed.

Alternate Method: If time permits, instead of peeling and chopping the tough squash, you can cut it in half, remove seeds and lightly oil the cut side, then bake face down at 350 degrees for about 1 - 1½ hours. Cooked squash should pierce easily with a fork, and can be scooped out easily and added to your pot about halfway through cooking the other ingredients.

