

Butternut Squash Soup

Recipe by Christa Sinadinos

1) Cook 1 medium to large size butternut squash:

Cut in half lengthwise, scrape out the seeds and pulp, then lay faced down in a tray, in a ½ inch of water. Cook in a preheated oven at 350 degrees, for a half hour to forty minutes, then turn over and cook for another half hour, or until the squash is tender when poked with a fork. Once the squash is cooked thoroughly, drain any excess water, and allow it to cool.

2) Place the following ingredients in a pot with the lid the on and sauté on low, until the onions are translucent (3-5 minutes). Stir frequently.

1-2 tablespoons of olive oil

One medium size onion, chopped

3 cloves of garlic, minced

3) Once the onions and garlic are cooked, add the following liquids:

One quart of organic chicken stock (or vegetable stock for vegetarians)

One pint of filtered water (or a little more later to create desired consistency)

One pint of coconut milk (not light)

Also add the following spices:

1 Bunch of cilantro, cleaned and chopped

2 Tbs. of freshly peeled and grated ginger root

1 Tbs. of freshly grated turmeric (or ½ teaspoon of dry)

½ tsp. of cinnamon powder

¼ tsp. each of: clove, nutmeg, coriander, and cardamom powders

½ tsp. of sea salt or one tsp. tamari

Fresh ground pepper

4) Peel the skin off of the squash. Place squash in a bowl and mash with a potato masher, and then add it to the soup.

5) Bring the liquids to a boil and once they are boiling, turn down to a low rolling simmer. Place the lid on the pot and cook for 15-20 minutes, stirring frequently.

6) Place all of the ingredients in a food processor and blend until the soup is smooth.

Pour the soup in a bowl and garnish with a dash of sour cream and a sprig of cilantro.

Enjoy!