

Butternut Squash Soup

Ingredients

- ½ cup vegetable oil
- 1 yellow onion coarsely chopped
- 5 garlic cloves cut in half
- 1 carrots peeled and coarsely cut
- 2 ½ qts water or vegetable stock
- 3 celery stalks chopped
- ¼ teaspoon nutmeg
- 1 butternut squash medium size (2 ½ to 3 lbs) peeled, seeded and cut into small pieces
- salt and pepper to taste
- 1 cup pumpkin seed and/or beet chips (garnish)

Method

1. Place a 4 qt pot on the stove over medium heat
2. add oil
3. add onions and garlic
4. stir until caramelized
5. add carrots and continue stirring for 3 to five minutes
6. add celery and continue stirring for 5 minutes
7. add butternut squash and water or vegetable stock (liquid must be 3 inches above the solids)
8. Allow the ingredients to boil for 20 minutes
9. add nutmeg, salt and pepper and continue boiling for 5 minutes
10. taste and adjust the seasoning if necessary
11. with a hand blender, blend well
12. pass through a strainer to give the soup a more velvety texture
13. before serving garnish with ½ oz of pumpkin seeds and/or beet chips

yields 6 to 8 servings