

Butternut Squash, Carrot and Ginger Soup

Makes 17 Servings – Serving Size: 1 cup

Ingredients:

2 tablespoons Extra Virgin Olive Oil
8 ounces Onion, diced
9 ounces (2 cups) Carrots, peeled and diced (about four medium carrots)
1 teaspoon Ginger fresh, minced
46 ounces (9 cups) Butternut Squash, peeled, seeded and diced (about 3 medium squash, 5 ½ pounds whole)
10 cups Vegetable Stock
Pinch Cayenne Pepper (optional)

Procedure:

In cook pot, sauté onion in olive oil on low flame until transparent. Add carrots and sauté 10 minutes. Add ginger and sauté two minutes. Add butternut squash, vegetable stock and bring to a boil, turn heat to medium low heat and simmer for 45 minutes. Puree with a stick blender until smooth and serve.

Nutritional Information per Serving:

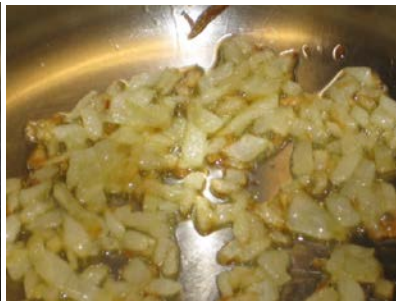
Calories: 70	Sodium: 270mg	Sugars: 4g	Cholesterol: 0mg
Saturated Fat: 0g	Fiber: 3g	Protein: 2g	Carbohydrate: 14g

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Soup Ingredients.

1.



2.

It is important to cook the onions until translucent to release sulphur before adding vegetable broth.



3.

Once onions are translucent, add remaining ingredients and simmer about 40 minutes or until vegetables are softly cooked.



4.

When vegetables are cooked, remove from stove and puree with a verticle immersion blender until smooth.