

COMPLIANT BUTTERNUT SQUASH SOUP

This recipe was adapted from Alex Bury’s recipe. I have altered a few ingredients. This soup tastes like winter. It is exactly the kind of comforting soup you need on a cold day. You are going to need a blender or immersion blender for this recipe.

**Ingredients:**

* 1 big butternut squash – peeled, de-seeded, and cut into 1-inch cubes (approximately 3 pounds)
* 2 onions, chopped
* 6 cloves of garlic, peeled
* 7 cups of low sodium vegetable stock or filtered water
* 1 bay leaf
* ½ cup of orange juice
* 1 Tbs. orange zest
* 1 tsp. powdered ginger
* 1 tsp. cinnamon
* ½ tsp. nutmeg

**Method:**

1. In a large pot, put in the onions, garlic, squash, bay leaf and stock.
2. Bring to a boil and then simmer gently for about 30 minutes.
3. When the squash is tender, add the orange juice, orange zest, ginger, cinnamon and nutmeg. Simmer another 5 minutes.
4. Remove the bay leaf.
5. Puree with an immersion blender or let cool and place in a blender jar and process until smooth. Transfer back to the pot, season to taste and reheat.

* Note: This soup freezes really well. You can freeze it in 4-cup servings as soup or 2-cup servings to put over rice or another whole grain.