

Butternut Squash Soup

Below is one of my favorite soup recipes, over the years I have added and played with it varying up the spices and even using a pear instead of an apple. You can also increase the protein content by adding $\frac{1}{2}$ cup of pumpkin seeds cook them up to the boil point and blend them – will thicken the soup so you may need to add a bit more water when reheating

2tbsp Olive Oil
1 med onion chopped
2 celery stalks cut into $\frac{1}{2}$ " pieces
2 carrots cut into $\frac{1}{2}$ " pieces
1 apple cored and cut into $\frac{1}{2}$ -1" pieces
1 medium butternut squash, peeled, seeded and cut into $\frac{1}{2}$ -1" pieces
6 cups low-sodium chicken stock
1tsp each cumin, coriander, oregano
pinch paprika
salt and pepper to taste



Directions: Heat Oil in large pot and cook onion and celery together until onion is translucent. Add carrot, squash and apple and spices and cook for approx 5mins stirring to distribute the spices throughout. Add Stock and then bring to a boil. Reduce heat and simmer until all vegetables are tender, approx 45mins. Transfer soup to a blender and blend until smooth. Return to pot and season with salt and pepper.