

Your First Wealth Is Health



Gingery Butternut Squash Soup

Fresh ginger provides a bright flavor to this comforting soup. Serves 4

2 onions (chopped)

2 tablespoons fresh ginger (peeled and minced)

In a large soup pot sauté in 1 tablespoon of oil until onion is translucent.

2 apples (peeled, seeded and chopped)

1 butternut squash (peeled, seeded, and cut into cubes; may use 2 cups / 500 ml cooked winter squash)

4 cups / 1 L chicken or vegetable broth

Add to pot and bring to a boil. Reduce heat and simmer until squash and apples are tender. Purée in blender until smooth. Salt and pepper to taste. Garnish with chopped fresh parsley (optional) and serve.

Ramona Hartzler, North Lawrence, Ohio

Note:

We add a small potato (peeled and chopped) in with the squash and apples to give the soup an even creamier texture.

Puréeing the soup right in the pot with an immersion blender makes quick work of this soup.

Source: Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert