



Butternut Squash Soup (December 2011)

Serves: 12 | Prep time: 15 minutes | Cook Time: 15-25 minutes

6 cups chicken stock
3 cups water
1 butternut squash (cubed)
2 tsp cumin
1/2 tsp cinnamon
1 tsp salt
1 tbsp olive oil
1/2 onion (diced)
3 stocks chopped celery
3 large cubed carrots

3 tbsp slivered almonds (optional)

Add chicken stock, water, squash, salt, cumin and cinnamon to a large pot. Simmer for 10 minutes. While squash cooks sauté onions, carrots and celery on medium heat until onions become translucent.

Add onion mixture to soup. Cook on low heat for another 5 minutes. In a small frying pan toast almonds on medium heat until golden brown. Add to soup. Depending on vegetable size you may need to add more water.

Once vegetables are soft, use an immersion blender to puree the soup.

Serve and eat!

This simple recipe is a crowd pleaser every time.