

Winter Squash Soup

Ingredients:

- Butternut, acorn, or other winter squash, 1 small, washed *
- 2 yellow onions, chopped
- Olive oil, 2 Tablespoons
- Salt, 1 Teaspoon
- Canned chicken, vegetable, or beef stock, 4 cups/32oz
- Pepper, ginger, and/or mixed Italian herbs (to taste)
- Sour cream, 4 Tablespoons (optional)

Method:

- Cut off ends of squash, peel, halve, and scoop out seeds. Cut into one-inch cubes. Make sure you have at least 4 cups.
- Sauté chopped onion in olive oil with half the salt until brown.
- Add stock, squash, and herbs to the onion mixture and bring to a boil. Cook until squash is tender, about 20 minutes.
- Puree soup in a blender, food processor or with an immersion blender until smooth.
- Taste for seasoning and add more salt and pepper as needed.
- Garnish with a Tablespoon of sour cream.

* You can replace part or all of the squash with potatoes, carrots, or canned pumpkin.

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