

Roasted Squash Soup



Ingredients:

Winter squash, peeled & cut into 1.5 inch cubes, to equal 1 pound
2 large shallots or 1 small onion, peeled and cut into chunks
2 Tbsp. olive oil
1/2 tsp salt
1 tsp thyme leaves
1/4 tsp ground cumin
3 cups chicken stock
Pepper & salt

Directions:

1. Preheat oven to 450 degrees. Place squash and shallots/onions in a large bowl and drizzle with olive oil. Sprinkle with salt, thyme and cumin and toss well to coat.
2. Spread on a pan lined with foil. Roast for 25 minutes or until cooked through and browned around the edges.

3. Meanwhile, heat chicken stock in a saucepan on the stovetop until steamy.
4. Place cooked squash and shallots/onions in a blender and add hot chicken stock and puree until smooth, or use an immersion blender. *NOTE: when blending hot liquids, fill the blender no more than 1/3 full and start with short pulses. You may need to work in batches.*
5. Add salt and pepper to taste. Serve in bowls with a dollop of sour cream or plain yogurt.

Try any of these additions: garlic powder or chunks of apple, potato or carrot

Freezing Winter Squash

Depending on the size of the squash, cut it in halves, cubes, or slices. Cook it by roasting, steaming, or boiling. Remove the skins and mash the squash. When cool, pack it into freezer containers with 1/2-inch headspace – or freeze in ice cube trays or muffin tins and then transfer to a container. The creamy squash puree may be used in lasagnas, soups, dips, and more.