

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Winter Squash Soup w/ Apple and Ginger**

Delicious, rich and nurturing besides being quick, easy and both dairy and gluten-free

Makes about 16 cups

5 pounds winter squash such as butternut, buttercup or kabocha  
1 large onion, roughly chopped  
1½ tablespoons olive oil  
¼ cup peeled and finely chopped ginger  
2 teaspoons sea salt  
1¼ teaspoons ground cinnamon  
1 teaspoon ground ginger  
½ teaspoon ground nutmeg  
½ teaspoon ground poultry seasoning *OR* sage  
3 medium apples, peeled, cored, roughly chopped (3 cups)  
8 cups \*unsalted vegetable stock (see recipe below)  
Additional vegetable stock to thin soup, if necessary  
Salt and freshly ground pepper to taste  
Garnish: thinly sliced scallion

Wash the squash and peel it. Use the peelings and seeds in preparing the stock. Chop the squash flesh into 1-inch chunks. You should have about 11 cups of squash.

Place the oil in a large soup pot over medium heat. Stir in the onion and cook, covered until the onions are translucent, about 5 minutes. Remove the lid and stir in the ginger. Continue to cook uncovered just until the onion begins to color. Add the spices then stir in the squash and diced apple. Add about 7½ cups of vegetable stock to just barely cover the squash and apple.

Bring the soup to a boil, lower the heat and cook partially covered until the squash is soft, about 15 minutes.

Puree the soup in a blender in a number of batches until smooth and return the soup to the pot. Use ½ cup of the reserved stock to clean up the sides of the blender jar. If the soup is too thick, thin with additional stock as necessary. Adjust the salt and pepper to taste.

Serve garnished with thinly sliced scallions.

\*Note, if you use salted vegetable stock, only use a pinch of salt when sautéing the vegetables. Then adjust the salt to taste at the end.

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## **Winter Squash Soup w/ Apple and Ginger. . .continued**

### **Quick Vegetable Stock for Winter Squash Soup**

Makes 8-9 cups

Peel and seeds from about 5 pounds of winter squash

1½ cups unpeeled, coarsely chopped onion

1 cup coarsely chopped carrots

1 cup coarsely chopped celery

2 medium cloves garlic, peeled

1/8 teaspoon whole peppercorns

10 cups water

Place all ingredients together in a large pot. Bring to a boil and lower the heat so the stock simmers. Cook the stock, partially covered for 35 minutes. Strain through a sieve pressing as much liquid as you can from the vegetables, then discard them.

