



## Butternut Squash Soup

### Ingredients:

- |                                      |                        |
|--------------------------------------|------------------------|
| 2 butternut squash, sliced in halves | 2 tbsp olive oil       |
| 1 acorn squash, sliced in half       | 2 large sweet potatoes |
| 1 1/2 spanish onion, chopped         | 1/2 cup rolled oats    |
| 2 quarts rice milk                   | 1 tsp dried coriander  |
| 1 tsp dried cinnamon                 | 1 tsp dried ginger     |

### To Garnish:

- 3 tsp grated fresh ginger
- 1 tsp nutmeg
- 3 tsp sea salt
- 2 tsp orange juice

### Optional:

Substitute water for rice milk

### Procedure:

1. Slice butternut and acorn squash lengthwise, scoop out insides and place open end down on a baking sheet. Pierce skins of sweet potatoes and place on baking sheet.
2. Bake squash and potatoes in a 375 degree oven for 45 - 50 minutes or until well done.
3. In a 6 - 8 quart pot, saute onion in olive oil.
4. Add coriander, cinnamon, ginger and oatmeal.
5. Scoop out insides of squash and sweet potatoes, add to onion mixture. Simmer for 10 minutes on low.
6. Pour rice milk into pot and stir. Allow to simmer on low for 20 minutes.
7. Remove soup from pot. Puree in a blender until smooth.
8. Top with nutmeg, fresh ginger and orange juice if desired. Serve and enjoy.

*Cook's Notes: A beautiful, thick, creamy soup on the sweeter side. Could pass for dessert. Freezes well. Serves 10 - 12.*

Recipe courtesy of Kathryn Bari 1994