



Cream of Squash and Parsnip Soup with Dill

Ingredients:

- 1 medium onion
- 1 tbsp olive oil
- 2 large carrots
- 2 large parsnips
- 1/2 small butternut squash
- 1/2 tsp thyme
- 1/2 tsp dried dill
- 5 cups water
- 1/4 cup rolled oats
- sea salt and pepper to taste
- 3 tsp fresh dill

Optional:

Substitute vegetable or chicken stock for water.

Procedure:

1. Wash, trim and dice onions, carrots and parsnips. Cube squash.
2. Pour olive oil into a 4 quart pot. Saute onions over medium heat until transparent.
3. Add carrots, parsnips, squash, oats, thyme and dried dill. Saute 4 - 5 minutes.
4. Cover with the water. Add the sea salt and pepper. Bring to a boil, then reduce the heat and simmer, covered, for 40 minutes.
5. Puree the soup in several batches. Garnish with fresh dill. Serve and enjoy.

Cook's Notes:

This is a rich, beautiful orange soup, perfect for serving from Fall through Spring. It freezes well but save some stock as it will thicken with time. Serves 8.

Recipe courtesy of AnneMarie Colben