

## SUPER SECRET SQUASH SOUP! (vegan and pareve)

2 lb. butternut squash, cut into cubes (I am allergic to the raw peel so I buy frozen or precut squash)

1 medium onion, diced

2 cloves garlic, diced/pressed (optional)

1 medium-large sweet potato, peeled and cubed

1 medium fuji or other sweet apple, peeled, cored and cubed

2 cubes Vegetarian Veg boullion w/o MSG (Rapunzel brand is my favorite, you can get it at Whole Foods)

Olive Oil

Salt & Pepper

While you are slicing and dicing the onion, garlic, sweet potato and apple, preheat the oven to 425.

Toss the squash and sweet potato cubes with olive oil and optional garlic and set aside.

When oven is at temperature, arrange squash & sweet potato in a single layer on a parchment-paper covered baking sheet. Roast for about 20-30 minutes or until the edges and sides get browned. If you don't have time, you can skip this step and dump everything in the pot (see below).

Add a thin layer of olive oil to cover the bottom of a large soup pot. Sauté onions until softened and fragrant, and add sweet potato, squash and apple. Add boullion cubes and enough water to cover the veggies. Cover the pot and simmer for a while until the squash and sweet potatoes fall apart if you stick a fork in them.

Turn off the heat and let the soup cool for a bit, or if you are impatient, don't wait, and use an immersion blender (stick blender) to "jjujjj" the soup into a puree. It should be very thick. Feel free to add a little more water once it's all pureed, until the soup is the thickness you want.

Test seasonings and add salt and pepper to taste. Soup is ready to serve, freeze or refrigerate. It gets thicker and more tasty as it sits in the fridge.

**\*\*Add-ins (these are recommended to be used ONE AT A TIME not all at once)**

- freshly squeezed lemon juice

- half a can of unsweetened coconut milk in the soup, use the rest to swirl into individual bowls for garnish.

- two shakes of curry powder

- fresh grated ginger along with the onions at the first step

- Make Carrot Soup instead: sub 2 lbs. organic carrots instead of squash, and add the garlic as well as fresh ginger.



# MY VEGAN FRIEND