Pediatric Alternatives
Integrative Healthcare for Children and Adolescents

Moroccan-Style Butternut Squash Soup
From Nourishing Broth by Sally Fallon Morell and Kaayla T. Daniel

Serves 4–6

Ingredients

- 1 large butternut squash
- ¼ cup extra-virgin olive oil
- 2 medium onions, peeled and chopped
- 5 large garlic cloves, chopped
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground turmeric
- Scant ¼ teaspoon ground cayenne
- ½ teaspoon paprika
- 1 medium tart apple, cored, peeled, and chopped
- 1 quart homemade chicken broth
- Sea salt and freshly ground black pepper
- Juice of 1 lemon, strained
- 5–6 green onions, thinly sliced
- ¼ cup chopped fresh cilantro

Preparation

1. Preheat the oven to 400°F. Halve the squash lengthwise, remove the seeds, and place the halves cut side down on an
oiled baking pan. Roast until tender, about 1 hour. Cool, then scoop out the flesh and reserve it.
2. Warm the olive oil in a large saucepan over medium heat. Add the onions and sauté until softened, about 5 minutes. Stir
in the garlic, cumin, coriander, cinnamon, allspice, turmeric, cayenne, paprika, and chopped apple. Cook, stirring, for about
30 seconds, until fragrant.
3. Add the reserved squash and chicken broth. Increase the heat to high, bring to a simmer, then reduce the heat and
simmer for about 20 minutes, until the apple is very soft.
4. Take the pan off the heat. Cool slightly, then purée the soup with a hand blender until smooth. Season with salt, pepper,
and lemon juice.
5. Ladle into bowls and finish with sliced green onions and fresh cilantro