

Butternut Squash Soup

1-1 ½ TBSP Butter
½ onion chopped
2 cloves garlic chopped
1 squash, peeled, seeded and chopped in 1 in squares
4 cups vegetable stock (I use Kitchen Basics)
1 pinch cumin
1 pinch nutmeg
Salt and pepper

Spray cookie sheet w/non-stick spray. Place squash on cookie sheet and bake in 350 oven for approximately 35-45 minutes until soft. Meanwhile melt butter cook onion, garlic, cumin and nutmeg for 5 minutes. Add baked squash to pot, add vegetable stock and simmer 15 minutes. Then use a stick blender to puree soup and add salt and pepper to taste. This soup also freezes very well.

Source: Awakening 2010 Participant, Patrice