# SOUPER SUPPER

Spice Up Dinner with These Easy Harvest Season Soups

🗫 using Soluna Garden Farm spice blends 🔦

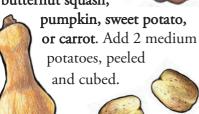
#### 1. PICK AN OIL

Heat 2 Tbsp butter, ghee, coconut oil, or olive oil in a large soup pot. Add 1 diced onion, 2 diced carrots, and 1 diced stalk of celery, and saute until soft.



## 2. PICK AN ORANGE VEGETABLE

Add 2 to 2 1/2 lb of peeled, cubed butternut squash,





Add chicken stock, vegetable stock, or water to cover the vegetables and bring to a boil. Reduce heat and simmer, partially covered, for 40 minutes.

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### 4. PICK A SPICE

Add 2–3 tsp of a Soluna Garden Farm Spice Blend: Baharat, Curry, Garam Masala, Golden Milk Blend, Pumpkin Pie Spice, Ras el Hanout, or Zanzibari Red Curry.

### 5. PUREE & ENJOY!

Puree the soup and add milk, cream, coconut milk, additional stock, or water to reach desired consistency. Add salt and pepper to taste.

### Some of Our Favorite Combos

- Butternut Squash, Chicken Stock, and Curry
- Sweet Potato, Zanzibari Red Curry, and Coconut Milk
- Carrot, Vegetable Stock, and Ras el Hanout
- Pumpkin, Golden Milk Blend, and Cream

