



Name: Oven Roasted Butternut Squash

From the Kitchen of: Beatrice Girleann

Prep Time: 15min

Total Time: 1hour

Servings: 8

Ingredients:

1 medium butternut squash
1 tbsp oil
1 clove garlic, peeled & crushed
1/2 tsp salt
1/2 tsp turmeric powder
1/2 tsp mild curry powder
1/2 tsp coriander
1/2 tsp cardamon
pinch of curmin
pinch of ground cinnamon
pinch of ground nutmeg

Directions:

1. Rinse and dry the squash. Then peel by first slicing off the top of the squash just below the stem and slicing a thin slice from the bottom of the squash. Then using a sharp peeler or knife peel the entire squash. Once peeled cut in half and then half again so you have 4 quarters of squash.
2. Rub each quarter with oil.
3. Combine the crushed garlic with the seasonings and rub over each quarter of squash.
4. Lightly grease a baking dish and arrange the quarters, cut side up, in the dish.
5. Bake at 400°F for 40min or until fork tender.
6. Cut each quarter in half and serve as a delightful side or use in Oven Roasted Butternut Squash Soup Recipe.



Name: Roasted Butternut Squash Soup

From the Kitchen of: Beatrice Girleann

Prep Time: 15min

Total Time: 30-45min

Servings: 10

Ingredients:

2 tbsp grape seed oil
1 large onion, chopped
2 medium carrots, peeled & diced
1/2 tsp salt
water
1 large celery stalk, chopped
1 clove garlic, peeled & minced
1 medium-large apple, peeled, diced
1/2 tsp turmeric powder
1/2 tsp thyme
1/2 tsp poultry seasoning
1/8 tsp freshly ground pepper
4 cups vegetable stock
1/2 tsp chilli powder
1 can coconut milk
Oven roasted butternut squash
Cayenne pepper, optional

Directions:

1. In a large pot heat the oil over medium heat.
2. Add the chopped onion and sauté until the onion becomes translucent.
3. Add the diced carrots and salt. Add a splash of water then stir and sauté for a couple more mins.
4. Add the celery, garlic and apple. Stir and cook for 2min more, then add the turmeric, thyme, pepper and poultry seasonings. Cook and stir another 2 min then add the vegetable stock and bring to a boil.
5. Once boiling, turn the heat down to a simmer and add the chilli powder and the can of coconut milk. Let it simmer a few minutes while you mash up the oven roasted butternut squash. Add the mashed squash into the soup and stir to break up the mash into the soup.
6. Let the soup simmer awhile on the stove until the carrots and celery are tender. Taste the soup and adjust any seasonings to your preference. At this point I like to add a little bit of cayenne pepper for some heat.
7. Once everything is tender and seasoned to perfection then take the soup off the stove and using an immersion blender, blend the soup until it is all smooth and creamy. Alternatively let the soup cool and bit and then ladle in a blender and blend in batches.

I served my soup with some Sweet Potato Crackers & some Parmesan Garlic crackers. Yummy!