

2023 Garden Project Golden Spoon Award-Winning Recipe

Butternut Squash Soup

Samyuktha, Foster Community Garden

Ingredients:

1 Butternut Squash (medium sized)
1 Yellow Onion
2 Large Carrots
3 Celery Sticks
5-7 Green Chillies (to taste)
1 Head of Garlic
Oat Milk
Olive Oil
Garam Masala
Cumin
Italian Seasoning
Black Pepper
Garlic Powder
Veggie Stock (I use Better than Bouillon)

Directions:

- Rough chop all the veggies for quicker cooking and bake in a tray with oil and salt on top for 45 minutes to an hour or until fully cooked.
- Let cool and blend all the veggies with veggie stock until smooth.
- Pour back into a stock pot and add oat milk (or coconut milk works too) till it's a soupy consistency.
- Add 1 tsp of garam masala, 2 tsp cumin, 1 tsp Italian season, black pepper and garlic powder measured to your liking and bring to a boil.
- After 10 minutes you'll have a lovely butternut squash soup ♥