

ROASTED ACORN SQUASH APPLE SOUP

1 large or two small acorn squash
1 yellow onion, finely chopped
3 small carrots, finely chopped
3 small celery ribs, finely chopped
3 garlic cloves, minced
2 granny smith apples, cored and diced
1 tsp. ground turmeric
1 tsp. curry powder
2 inches fresh ginger, minced or ½ tsp. ground ginger
2 cups vegetable broth
1 cup full fat coconut milk

1. Preheat the oven to 400F then line a baking sheet with foil or parchment paper.
 2. Slice the top stem off the acorn squash then cut it in half, lengthwise. Use a spoon to scrape out the seeds and softer pieces then rub the outer edges of the flesh with 1 tsp. of oil. Place each half facing down onto the baking sheet and bake in the oven for about 45 minutes, or until tender. It should be pliable when lightly squeezed with an oven mitt. Turn off the oven and set it aside to cool.
 3. Meanwhile, warm the two tablespoons of olive oil in a large pot over medium heat. Add the onion, celery and carrot and cook for 5 minutes. Next add the garlic, ginger, apples, and spices. Continue to cook for 5-10 minutes, just until apples are slightly tender.
 4. Once the squash is cool enough to handle, use a spoon to scoop the cooked flesh into the pot. Pour in the vegetable broth then bring to a low boil and cook for 5-7 minutes, or until apples are soft.
 5. Add the contents of the pot to a blender along with the coconut milk and blend until smooth. Alternatively, you can use an immersion blender and blend everything together in the pot. Taste test to see if you prefer more salt or spices and add accordingly. Serve warm.
- Serves 4

RECIPE COURTESY OF:

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Taste: A Cook's Place

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