

Golden Squash Soup

2 cups chicken broth, vegetable broth or water

About 4 cups (1 large) peeled and chopped butternut squash

2 large carrots, chopped

1 large onion, chopped

1 inch or 1 tbsp peeled and chopped ginger

½ to 1 hot pepper, chopped, OR ¼ to ½ tsp cayenne (use less or more to taste)

OR 1 tsp paprika (if you prefer milder soup)

1 tsp miso or ½ tsp sea salt

2 tbsp tahini or cashew butter – optional (for a creamier soup)

Place squash, ginger, carrots and onions into water or broth and simmer until soft.

Place into food processor and process until smooth OR use your potato masher to

mash veggies until smooth. Add remaining ingredients and mix well until smooth.

Reheat as needed. Garnish in the bowl with a few sprigs of parsley, mint or cilantro.

This is a warming soup, perfect for a cold, rainy day.