

Squash Soup with Ginger

Ingredients

1 medium butternut squash (or other squash or root)
1-2 tablespoons extra virgin olive oil
1 large onion, sliced
1 tablespoon fresh ginger root
filtered water or vegetable stock
sea salt

Instructions

- Cut peel and remove seeds from squash
- Cut into cubes
- Heat olive oil in a large, deep saucepan or stockpot
- Add onion and saute until transparent
- Add squash and enough water or stock to cover
- Bring to a boil, reduce heat and simmer until squash is soft: about 35 minutes
- Blend with an immersion blender, masher or whisk to desired consistency (you can also use a regular blender)
- Grate fresh ginger into soup
- Add sea salt to taste
- Experiment with spices - e.g. cinnamon or curry - to your taste
- Top with raw sliced almonds if desired



Recipe provided by Theresa Piane Taylor, CHC, AADP,
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