

MOURAD'S VEGAN BUTTERNUT SQUASH SOUP



DIRECTIONS

1. Prick the butternut squash with a fork in several spots and microwave for 6 to 10 minutes until slightly blistered. (This will make it easier to peel.) Let cool while you get your other ingredients ready. When squash is cool enough to handle, place on a large cutting board and peel with a carrot peeler. Cut and discard ends, split the squash in two lengthwise, then clean and discard seeds. Cut the squash in roughly 2" chunks and set aside.
2. In a large pot heat the olive oil. Sauté the onions for 2 minutes, then add the carrots stirring for another 2 minutes. Add the squash and the pumpkin pie spice and enough broth to cover the veggies. Cover and bring to a boil, then reduce heat and simmer for 30 minutes or until the carrots are very tender. Turn off the stove and stir in the rosemary.
3. Working in small batches, blend the soup and season with salt and pepper. Check the consistency. You may need to add more broth. Save the rest for later. This soup thickens as time goes on.
4. Serve with your favorite bread.

NOTE: Taste your final product and tweak it. You may like more pumpkin spice or just nutmeg. You may like to stir in a little extra virgin olive oil, etc.

SHOPPING LIST

1 (2-3 lbs) butternut squash

6 to 8 large carrots, peeled and cut in 1 in" pieces

2 yellow or white onions, chopped

2 Tbsp. rosemary, finely chopped

2 quarts vegetarian broth

2 tbsp. olive oil

1 tsp pumpkin pie spice

Salt & freshly ground pepper to taste