



## Butternut Squash Soup

Since butternut squashes are a winter squash they are at their best early fall through winter. This is a lighter version of butternut squash soup, unlike a lot of recipes that call for a lot of heavy cream. The orange juice and ginger add great flavor.

2 T organic butter

1 small onion, chopped

1 piece (2 inches fresh ginger, peeled and chopped)

2 cloves garlic, chopped

2  $\frac{3}{4}$  pounds small butternut squash, peeled and cut into  $\frac{3}{4}$  inch cubes

$\frac{1}{4}$  cup fresh orange juice

1  $\frac{1}{2}$  tsp. Celtic or Himalayan salt and course ground pepper

Pumpkin seeds

Organic sour cream (optional)

Melt butter in a large saucepan over medium heat. Cook onion until fragrant, about 2 minutes. Add ginger, garlic and squash; cook, stirring occasionally, until fragrant, 6 to 8 minutes. Stir in 4 cups water. Bring to a boil; reduce heat. Simmer until squash is tender, 20 minutes.

Puree soup in two batches. When blending hot foods, allow the heat to escape to prevent splattering. Remove the cap from the hole of the blender's lid. And cover with dish towel. Stir in juice and 1  $\frac{1}{2}$  teaspoon salt. Serve hot, top with sour crème, pepper and pumpkin seeds.