



## Build Flavor – Toast the Spices

### Golden Quinoa Butternut Squash Soup

A nutritional powerhouse soup packed with fiber, protein, and lots of flavor.

- 1 cup uncooked white quinoa
- 2 cups cold water
- 1/4 teaspoon (each) ground nutmeg; ground ginger
- 1/4 teaspoon dried roasted garlic
- 1/8 teaspoon black pepper or to taste
- 1/2 teaspoon (each) cinnamon; thyme
- 1 teaspoon curry powder
- 1 Tablespoon olive oil
- 1 large onion, peeled, chopped
- 5 cups (1 lb.14 ozs) squash peeled, seeded, chopped
- 1 tart apple, cored, chopped
- 1 (32 fl.oz.) package chicken stock or vegetable broth

1/2 teaspoon salt or to taste

1 (13.6 fl. oz.) can coconut cream

3 cups cooked white quinoa

Garnish: minced roasted mild red peppers; coarse chopped cilantro or chives; 1 cup garlic croutons, coarse crushed

**Cook Quinoa:** Rinse quinoa under cold water in fine mesh strainer until water runs clear. In a saucepan, combine rinsed quinoa and cold water; bring to a boil. Reduce heat to a simmer; cover. Simmer for 15 to 20 minutes or water is absorbed. Remove from heat; fluff with fork. (Makes about 3 cups)

**Combine and Toast Spices:** Combine nutmeg, ginger, garlic, black pepper, cinnamon, thyme and curry powder in a small bowl. Add oil to large (12 cup) soup pot, add onion; saute to soften. Sprinkle combined spices over onions; toss; cooking for 1 or 2 minutes to activate the spices. Stir in chopped squash.

**Add Broth:** Add apples, broth, and salt; bring to a boil; cover; reduce heat to low; cook for 15 minutes or until squash is tender.

**Make It Creamy:** With an immersion blender, puree soup until smooth; stir in coconut cream and cooked quinoa. Heat until soup is hot. Season with salt and black pepper to taste.

**To Serve:** Place soup in bowls; top chopped roasted red peppers, chopped cilantro or chives. Sprinkle as desired with crushed croutons.

Yield: about 10 cups Serves 6

**Cook's Note:** I used Texas Toast garlic/cheese croutons and Fresh Thyme White Quinoa.

*If you have difficulty cutting your squash,* soften it slightly in the microwave. With the tip of a knife, prick some cuts in the squash; place in shallow microwave safe dish; cover; microwave on high power for 3 minutes; turn squash over; continue cooking on high power for 3 minutes or tender enough to insert the tip of a knife. Remove from microwave; let cool until it can be handled. Cut in half, peel off skin; remove seeds; chop squash into small pieces.

**About the Recipe:** It must be September because here I am mixing up some creamy butternut squash soup. It's the essence of good health with golden squash swirled with curry seasonings, and chopped apples, that adds a natural sweet flavor. Simply use your immersion blender or food processor to create a velvet smooth texture. Quinoa, a nutty flavored ancient grain, packs the soup with lots of fiber and protein. A real nutritional powerhouse! Garnish with swirls of colorful red roasted peppers, chopped cilantro and a crunchy sprinkle of croutons.