

# COOK WITH A FARMER

# FALL SQUASH SOUP

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Recipe from Chef Tanya at The Food Connection

## Ingredients:

- 1 butternut squash (about 2.5 – 3 lbs), parcooked, peeled and chopped
- 1 acorn squash, parcooked, peeled and chopped
- 2 red skinned potatoes or 1 large mealy potato, cut into bite-sized chunks
- 1 15-ounce can of crushed tomatoes
- 2 small onions or ½ large onion, diced
- ½ pepper or 2 mad hatter peppers, diced (or other sweet pepper variety)
- 1 15-ounce can of black beans
- 2 cups corn kernels (fresh or preserved)
- 6 cups vegetable stock or water
- Salt and pepper to taste
- Cooking oil
- Fresh chopped herbs for garnish (i.e. sage, rosemary, fennel, etc.)



## Directions:

1. Heat oven to 400 degrees Fahrenheit.
2. Split the butternut and acorn squash in half lengthwise and scoop out the seeds and pulp. Separate the neck from the bowl on the butternut as they will roast at different rates. Brush with oil and sprinkle with salt. Place on a parchment or foil lined sheet pan or two if separating butternuts. Depending on size, roast the butternut bowls for about 25 – 30 minutes and the necks and acorns for about 30 – 40 minutes. Let cool. Once the squash has gotten to room temperature remove the skin and chop into cubes.
3. Heat a heavy bottomed pot over medium high heat. Drizzle just enough oil in the bottom to coat the pan. Carefully add the diced onion and pepper and sauté for 5 minutes or until onions turn translucent.
4. Add the chopped potatoes and tomatoes and stir. Then add stock and squash cubes. Bring soup to a boil and then turn down to a simmer. When the potatoes are soft, add the beans and corn. Season the soup and mash about 1/3 of it to thicken it.
5. Serve topped with fresh chopped herbs.