

Everyday Kosher Cooking

BUTTERNUT SQUASH SOUP

Ingredients:

2 Large Onions
2 Butternut Squash
8 Carrots (Usually 1 Bag), Peeled and Chopped
2 Cans of Chick Peas, Drained
1/2 Cilantro Bundle
1 Tsp. Olive Oil
Pitcher of Water

Variations:

For a dairy version of this - add cream.
For a meat version of this –
add boneless meat cubes after the soup has
been puréed and let cook for another 25 minutes.

Directions:

Dice the large onions and sauté in cooking pot using olive oil.
Peel and seed the squash, then add to pot.
Chop carrots and combine with other ingredients.
Add chick peas and cover all vegetables with just enough water to keep all vegetables submerged.

Bring mixture to boil and then lower heat to simmer.
Add cilantro, salt and pepper.
Cook for an hour.

When soup is cooked, use an immersion blender to puree the soup into a smooth consistency.

Serves 8-10



Recipe By Chef Riki Fishbein