



## SQUASH SOUP WITH GINGER

### MATERIALS:

Sharp knife  
Cutting Board  
Measuring Spoons  
Large Pot with lid  
Blender

### INGREDIENTS:

2 teaspoons oil  
2 cups chopped onions  
2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (about 4 cups)  
2 apples, peeled, cored, and diced, or 1 can (15 ounces) applesauce  
2 cloves garlic, crushed or ¼ tsp garlic powder  
2 Tablespoons coarsely chopped, peeled fresh ginger, or 1 teaspoon powdered ginger  
½ teaspoon thyme or Italian seasoning  
4 cups chicken or vegetable broth  
1 cup water  
1 Tablespoon lemon juice  
½ cup plain nonfat yogurt (optional)

**Serves:** 10, 1 cup per serving

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## DIRECTIONS:

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, apples, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender. (If using a blender, follow manufacturer's directions for pureeing hot liquids.)
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.

## Chef's Notes:

- If you don't have a blender, try cooling the soup and using a potato masher to break down the squash and apples.
- Fresh or canned pears can be used in place of apples.