

## Squash & Ginger Soup

I find this recipe very flexible, such that I can use whatever kind of squash I may have in my kitchen and it always tastes great!

### Ingredients:

8 cups winter squash, skinned & cubed  
2 medium yellow onions, diced  
3 Tbsp olive oil (or butter)  
2" ginger root, grated or chopped finely (this is a personal preference, not included in original recipe)  
4 cloves garlic, crushed  
¾ tsp Celtic Sea Salt  
½ tsp dried thyme  
2 Tbsp nutritional yeast  
4 cups boiling water  
salt & cracked pepper

To prepare the squash chunks, first cut open the squash and remove the seeds. Cut off the skin... cut flesh in to chunks.

Cook the onions over medium heat in the oil with the garlic, salt, ginger, dried thyme and nutritional yeast.

When the onions are completely soft, add the squash and boiling water, using more water if necessary to cover the squash. Simmer until the squash is soft (~40minutes).

Liquefy in a blender and return to the pot. Add water if the soup is too thick.

Season with salt & pepper, to taste.

Serve, savour & enjoy.

**Note:** if you find the squash too hard to cut through place it in a hot oven and let it sit there while the oven cools... this will soften the skin and the flesh.

Source: [The Tassajara Recipe Book](#), Edward Espe Brown