

Squash!

Do you know your types of squash? They're packed with nutrients such as vitamin A, vitamin C, vitamin E, and folate. Squash is inexpensive and available at your local grocery stores. Try a simple and healthy butternut squash soup we have for you!

	Butternut	Acorn	Kabocha	Delicata
Buying	Firm, heavy, and free from cracks.	Firm exterior, free from soft spots, should feel heavy.	Dull colouring and free from spots.	Heavy for size and free from blemishes and soft spots.
Flavour	Sweet	Mild and nutty	Nutty, earthy flavour with touch of sweetness	Earthy, similar to sweet potatoes
How To Use It	Roasting and soup	Roasting, baked, and steamed	Soups	Roasting and stuffing



Slow Cooker Butternut Squash Soup (6-8 Servings)

- 2 cups vegetable stock
- 2 cloves garlic, peeled and minced
- 1 carrot, peeled and diced
- 1 Granny Smith apple, cored and diced
- 1 medium (uncooked) butternut squash, peeled, seeded and diced
- 1 sprig fresh sage
- 1 white onion, diced
- 1/2 teaspoon salt, or more to taste
- 1/4 teaspoon freshly-ground black pepper, or more to taste
- 1/8 teaspoon cayenne, or more to taste
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- optional garnishes: extra coconut milk and a sprinkle of cayenne pepper (or smoked paprika)



Directions:

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to a large slow cooker. Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender, and puree until smooth, being very careful when working with the hot liquid.)
4. Taste, and season with additional salt, pepper and cayenne if needed. Serve warm, with optional garnishes if desired.

Source: www.gimmesomeoven.com, www.thekitchn.com