



Savory butternut squash soup

Not all butternut squash soups have to be sweet. The savory spices and the tangy taste of the tomato paste add so much flavor to this soup without too much added sodium. And the aroma of this soup as you cook it... Mmmmmm....

Ingredients:

- 2 lbs butternut squash, peeled, seeded and cut into chunks
- 1 onion, coarsely chopped
- 2 Tbsp olive oil
- ¼ tsp each ginger, turmeric, white pepper, cinnamon
- A pinch of nutmeg
- 4 Tbsp tomato paste
- 4 cups water
- ½ cup almond or soy milk (or cream if you want to serve this as a dairy dish)

Directions:

1. Combine spices. Set aside.
2. In your soup pot, sauté onion until it is soft and golden. Stir in the butternut squash and cover. Cook for 20 minutes.
3. Add the tomato paste, spice blend and water and raise the heat to a boil. Lower heat and simmer for 20 minutes until the squash is tender.
4. Puree the soup and then add your cream/milk.

Optional: garnish with roasted chickpeas.

Serves 6