



Roasted Squash Soup

Makes 8 servings



1 butternut squash	5 cups vegetable broth	1/2 tsp cayenne
1 tsp+ 2 tbsp canola oil	1½ tbsp cumin, ground	pepper
1/2 cup diced onion	2 tsp chili powder	1/4 tsp cinnamon
1/2 cup diced carrots	1 tsp curry powder	2 tsp apple cider
1/2 cup diced celery	1 tsp Old Bay	vinegar
1 tbsp minced ginger	seasoning	

1. Cut squash in half lengthwise. Scoop seeds (save if you want to roast later). Roast squash face down in a roasting pan with 1-2 cups of water for 25-30 minutes at 400°F. Flip squash face up, add 1 tsp oil, season with salt and pepper, and return to oven for 15-20 minutes until cooked through. Remove from oven and let cool, then scoop squash from skin.
2. In a soup/stock pot, heat remaining oil and sauté onion, carrots and celery for 10-12 minutes. Add 2 cups vegetable broth, scrape the bottom of the pan, and then add squash. Stir ingredients, mixing squash and vegetables well.
3. Blend 3 cups of the squash mixture at a time in a blender on high while adding more broth to thin out. Return soup to a stock pot on a medium low burner.
4. Bring soup to a simmer, add seasonings and let simmer for 10-15 minutes. Taste and season with salt and pepper as needed. Serve hot.



Recipe provided by Michigan State University Chef Kurt Kwiatkowski

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Farmers Market Food Safety Tips

- Wash hands thoroughly before and after handling fresh produce.
- Scrub butternut squash with a vegetable brush, using cold running water, before cutting and cooking it.
- Use a separate cutting board for vegetables, and keep away from raw meat, poultry and seafood.
- Store whole butternut squash in a cool, dark place (about 50° F). If stored properly, it can keep up to 3 months.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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