Roasted Squash Soup
Makes 8 servings

1 butternut squash 5 cups vegetable broth 1/2 tsp cayenne
1 tsp+ 2 tbsp canola oil 1 1/2 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 seasoning
1 tbsp minced ginger

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
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.

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