

Healthy Butternut Squash Soup
Submitted by Michelle Noonan

3 tbsps. olive or vegetable oil
1 tbsp. minced garlic
Pinch salt & pepper
5 carrots, peeled, diced
5 stalks of celery, diced
2 butternut squash, peeled $\frac{3}{4}$ inch cubes
4 white or chefs potatoes, peeled, cubed
 $\frac{1}{2}$ - to 1 cup white wine (optional)
6-8 sprigs fresh thyme
1 navel orange quartered
2 beef/vegetable bouillon cubes
1 tbsp. Better than bouillon (Vegetable)
4-8 cups of water
1 tsp ground cinnamon

In large stock pot (16quart?) start oil on medium/high heat. Add garlic and cook 1 min, add salt & pepper with diced carrots and diced celery, cook 3-4 minutes stirring frequently. Add a little more salt/pepper and oil if sticking too much. Add in white wine, stir and coat celery and carrots another 2 minutes.

Add butternut squash and potatoes, let simmer for a minute or two and then stir and rotate vegetables so combined and butternut /potatoes getting some flavor from wine.

Allow to cook 5 min stirring occasionally before adding additional liquids. In 2 cups hot water, dissolve beef bouillon cubes and add to pot, stir. Add additional water to just cover vegetables. Add one heaping tbsp. of Better than bouillon into pot and stir.

Quarter a navel orange, squeeze each quarter into the pot and then throw the 4 quarter in as well as the sprigs of fresh Thyme. (Bring to a boil then simmer at medium heat for 45 minutes.) At the end, pick out the 4 quarters of orange and the sticks of the thyme sprigs. Add cinnamon if desired and stir. Remove from Heat. Using immersion blender, blend soup to desired smoothness.