

SQUASH SOUP

Serves 4

1 large butternut squash
5 cups vegetable stock
½ teaspoon garlic powder
½ teaspoon onion powder
2 tablespoons extra virgin olive oil
1 tablespoon fresh parsley, chopped
1 tablespoon fresh rosemary, chopped
Celtic salt and cayenne to taste

Preheat the oven to 400 F.

In the meantime, wash, peel and cut the squash in 2-inch large pieces.

In a large roasting pan, toss the squash with the oil, salt, cayenne and rosemary to coat. Let it cook for 30 minutes.

Remove the squash from the pan and put it in a food processor with the vegetable stock, process until smooth.

Put the mixture in a pot adding more seasoning (if needed) and the chopped parsley. Simmer uncovered for 5 minutes and then serve in warm bowls.