



**BRAIN HEALTHY
COOKING**

Soup

Rustic Winter Squash Soup



Ingredients

4 TBSP unsalted butter
1 medium onion, coarsely chopped
1 celery rib, coarsely chopped
2 garlic cloves, coarsely chopped
1 CUP dry white wine
1 QUART chicken stock or
low-sodium broth
1 QUART water
4 LBS winter squash (butternut,
acorn, hubbard or any other
variety)--peeled, seeded and
cut into 1 inch cubes
Freshly ground white pepper
Large pinch of freshly grated
nutmeg
Roasted pumpkin seeds and honey
for garnish (optional)

Directions

1. In a large pot, melt the butter
2. Add the onion, celery and garlic and cookcover moderate heat, stirring until softened, about 5 minutes
3. Add the white wine and simmer for 3 minutes
4. Add the stock and water and bring to a boil
5. Add the squash, cover partially and simmer over moderately low heat until tender, about 30 minutes
6. Use an immersion blender to puree the soup or add in small batches to a blender and puree until the soup is smooth
7. Return the soup to the pot, bring to a simmer and season with white pepper and nutmeg
8. Garnish with the pumpkin seeds and a drizzle of honey and serve

