



**BRAIN
HEALTHY**
COOKING
program

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 cook over 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

