

From Karen's Kitchen @ Field & Forest Acres

Gingered Butternut Squash Soup

1 large butternut squash ▲
4 cups vegetable or chicken stock
1 tbsp grated fresh ginger
 $\frac{3}{4}$ tsp salt
 $\frac{3}{4}$ tsp ground nutmeg
 $\frac{1}{4}$ tsp freshly ground black pepper
 $\frac{1}{2}$ to 1 cup light cream or milk
Sour cream for garnish



Cut squash in half lengthwise and scrape out seeds and fibres. Cover a shallow baking pan with foil, spray with cooking spray, and place squash, cut side down, on pan. Cover with foil and bake in 350 degrees oven for 50 to 60 minutes or until flesh is soft. Scoop out flesh and put into saucepan. Discard skin. Add to the squash in saucepan: stock, ginger, salt, nutmeg, and pepper. Over medium-high heat, bring to a boil stirring occasionally. Remove from heat and blend soup using an electric hand blender. Stir in cream or milk to desired thickness. Stir frequently, bringing back to just a boil. Taste and adjust seasoning. Serve with a dollop of sour cream.

Makes about 6 servings. I usually triple the recipe for family gatherings. Leftover soup freezes well.