



butternut squash soup

A RECIPE BY AMERICAN INDIAN HEALTH & DIET PROJECT

ingredients

- 1 peeled and cubed butternut squash
- large yellow onion (or any other onion you prefer)
- 1 red bell pepper
- 4 cups of vegetable, turkey or game broth
- Black pepper to taste

Optional:

Garlic or salt to taste

directions

- Peel and cut the squash into medium to small squares (and don't forget to take out the core of seeds; it's similar to a pumpkin)
- Chop the onion (rough cut is okay)
- Put ingredients into skillet or sauce pan and cook until squash is tender
- Place all hot ingredients into food processor or blender, mix with water or broth and blend it to the desired consistency.
- In the meantime, put the sliced red pepper into the pan to sautee and cook until tender.
- Pour blender contents into a bowl, then top with the pepper and it's ready to eat.