

Pumpkin Acorn Squash Soup



Ingredients:

- 1 acorn squash, roasted, flesh scooped out
- 1 T. olive oil
- 1 apple, cored and chopped
- 2 ribs celery, diced
- 1 onion, diced
- 1 T. garlic, minced
- ½ jalapeno, diced
- ½ can pumpkin puree
- 4 cups veggie stock
- 1 T. cumin
- 1 bay leaf
- Salt to taste

Directions:

1. Preheat oven to 375 degrees F.
2. Carefully cut the acorn squash in half.
3. Scoop out the seeds, lay face down on a sprayed cookie sheet and prick the fork a few times. Roast for 30 minutes or until a fork can slide through easily.
4. In a stockpot over medium high heat, sauté apple, celery, onion and jalapeno in olive oil until tender. Add vegetable stock. Scoop squash out of skin and add to the pot with ½ can pumpkin puree. Add cumin and bay leaf. Let soup come to a boil, then reduce to a simmer for 45 minutes.
5. Salt soup and remove bay leaf. With a blender or food processor, blend soup until smooth.

Today, September 7th, is Acorn Squash Day. Acorn squash is considered a winter squash and is harvested at a mature age when its skin is hard and inedible. When selecting an acorn squash, choose one that is dull and heavy for its size. Avoid squash with soft spots or cracks. It is always served cooked. Acorn squash should be stored in a cool, dry area away from extreme temperatures or sunlight. It has a long shelf life when stored properly, it can keep up to 3 months. Acorn squash is naturally fat free and sodium free, while also providing key nutrients such as vitamins A and C.

Acorn squash can be served in a variety of delicious ways. It can be roasted in the oven or steamed in the microwave with a little cinnamon and nutmeg, making a tasty side dish. It can be cooked and pureed and served over pasta or meat as a sauce. It can even be served as pasta, by steaming thinly sliced squash strips and serve as you would pasta. This squash can be served as a dessert by filling a cooked hollowed-out half with a cooked mixture of peaches, apples, honey, nutmeg and butter. You may roast acorn squash by cubing it and coating it lightly with olive oil and sprinkle with salt, then pop in the oven until cooked. Acorn squash makes a delicious soup puree as well! No matter how you like your acorn squash, it can be a tasty and nutritious addition to any meal!

With fall just around the corner, this is the perfect soup recipe!