

## GINGER SQUASH SOUP

8 cups - Chicken or Vegetable Broth

6 cups - Coarsely chopped peeled winter squash (approx 1 regular-sized Butternut squash)

1 - Onion, cut into chunks

1 - Carrot, cut into small chunks

1/2 - red bell pepper

1 - Parsnip or Yam (sweet potato), cut into chunks

3 - 4 - cloves of garlic

1 - 2-inch piece fresh ginger, peeled

2 tsp - ground cadamom

2 tsp - ground coriander

3 Tbsp - honey

1 Tbsp - butter

1/2 cup - cream (35% BF) OR evaporated milk

Place stock in a large pot, and bring to a boil.

Reduce heat, add everything except honey, butter and cream (milk).

Simmer until vegetables are tender.

Using a hand blender or food processor, puree soup, and return to pot.

Add honey and simmer for 10 minutes.

Stir in butter and cream (milk).

Season with salt and pepper to taste.

Garnish with sliced almonds.

Serves 8 to 10