

Savory Squash Soup FOK

Swick

Makes 4 servings | Serves 4 | Active Time: 10 minutes | Total Time: 30 minutes

Step 1: Making the Soup

- 2 1/2 cups butternut squash, peeled, halved, seeded, and diced (from about 1 medium)
- 1 lg russet potato, diced (about 1 cup)
- 1 med yellow onion, peeled and chopped (about 1/2 cup)
- 1 clove garlic, peeled and chopped
- 1/4 tsp dried Italian herb mix, or a pinch each of oregano, basil, rosemary, and thyme
- freshly ground black pepper, to taste
- 1/4 cup green peas
- 1/4 tsp fresh lime juice
- 1 tbsp parsley, finely chopped

Bring 3 cups of water to boil in a large pot over high heat. Add the squash, potato, onion, garlic, herb mix, and pepper. Reduce the heat to medium and cook, covered, for 15-20 minutes, or until the vegetables are tender.

Puree the soup using an immersion blender or transfer to a blender with a tight-fitting lid, covered with a towel. Return the soup to the pot and add the green peas and lime juice. Cook for an additional 5 to 7 minutes, or until the peas are tender. Serve hot, garnished with the parsley.