

Curried Squash and Mushroom Soup

Adapted From – *Moosewood Cookbook*

2 medium butternut (4 cups cooked)
1-2 ½ cups vegetable broth
½ – 1 cup orange juice
2 Tbsp olive oil
½ cup chopped onion
1 clove garlic – pressed
8 oz mushrooms – sliced

½ tsp ground cumin
½ tsp coriander
½ tsp cinnamon
¾ tsp ground ginger
¼ tsp dry mustard
1 ¼ tsp salt
dash cayenne pepper

- Cut the squash in half lengthwise, scoop out seeds, place cut side down in a baking dish with ¼ inch water and bake at 375 for 40 minutes or until soft.
- When cool enough to handle scoop out the flesh and puree it with 1 cup vegetable broth and ½ cup orange juice. Use a blender or food processor.
- You can also use squash you baked and froze. Just defrost ahead of time. It must still be pureed as describe in the above step.
- Heat the oil in a sauce pan then add the onions and cook for 5 minutes.
- Add the garlic, salt, spices and the mushrooms, stir to mix well.
- Cover and cook for 10 minutes.
- Add the pureed squash mixture to the sauce pan and heat very gently.
- If you want a thinner soup add some or all of the remaining 1 ½ cups of broth and ½ cup orange juice.
- Simmer for at least 15 minutes to meld flavors.



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