



Butternut Squash Cauliflower Cream Soup

Preparation time: 1 hour

Serving size: 6

Ingredients

1 small to medium butternut squash (about 1 pound), peeled, de-seeded and cut into 1 inch cubes

1 head of cauliflower, cut into 1 inch pieces

1/2 cup olive oil

1/2 tsp salt

1/2 tsp white pepper

1 medium onion, peeled and chopped into ½ inch squares (about 1 cup)

2 cloves of garlic chopped

5 tbsp olive oil

1/2 cup of rolled oats

6 cups or one (32 ounce) container of vegetable broth (for non-vegetarian use chicken broth)

2 cups of water

Preparation

In a mixing bowl, mix the chopped squash and cauliflower with the olive oil, salt and pepper then place the mixture in a roasting pan. Roast in oven for about 20 minutes at 425 degrees F.

While the vegetables are roasting; in a soup pot, add 5 tablespoons of olive oil. Once the oil is heated add the chopped onions, garlic and sauté. When the onions are translucent add the roasted vegetables and stir. Now add the oats, broth and water. Bring to a boil and then simmer on low heat for 30 minutes. The last step is to cream the soup. A food processor or blender should be used once the soup is cool enough to handle.

Garnish with finely chopped parsley and green bell peppers. Accompany with roasted or sautéed white fish such as halibut or grouper and roasted potatoes.

For a Creole taste add 1 tablespoon of cayenne sauce and 1 teaspoon of Cajun seasoning to your creamed soup and blend these spices into to soup. Garnish with finely chopped parsley.

