



## ROASTED ACORN SQUASH SOUP

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Serves 4

2 Whole Acorn squash  
2 T Olive oil  
½ Medium onion, large dice  
2 Medium carrots, large dice  
1 Leek, white and light green parts only, diced  
1 Big bundle of fresh thyme, tied together  
1 Cardamom pod  
Salt and pepper  
2 Qts. Vegetable stock or water

1. Preheat oven to 400 degrees.
2. Split acorn squash into ¼'s and remove the seeds with a spoon. Rub with oil and season with salt and pepper.
3. Lay cut side down on a sheet tray and roast for 25-30 minutes or until just tender.
4. In a Dutch oven, heat the olive oil over medium heat. Add the onion and carrots and slowly sauté until just tender. Add the leeks and season with salt and pepper.
5. After about 10 minutes, add stock or water, bundle of thyme and cardamom pod to the vegetables and bring to a simmer.
6. Once the acorn squash are just tender, remove from the oven and let cool briefly.
7. Peel the skin off the squash and set aside.
8. When the carrots are just starting to get tender (you can pierce them with a knife with little resistance) add the squash to the soup and simmer an additional 5-10 minutes.
9. Remove the bundle of thyme and cardamom pod.
10. Working in batches, puree the soup in a blender and adjust the seasoning as needed.
11. Serve with your choice of toppings like roasted pumpkin seeds, crumbled bacon or crème fraiche.