

Butternut Soup

A zesty soup for the coming cold weather.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 45 mins

Category: Soups

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Onion, white, yellow or red, raw	2 cups
Butternut squash	2 cups
Celery, raw or blanched, marinated in oil mixture	1 cup
Vegetable broth, bouillon or consommé	4 cups
Red bell peppers, cooked	1 cup
Salt, sea salt	1 dash
Black pepper, ground	1 dash
Cumin, ground	1 teaspoon
Paprika	1 tsp
Chives, raw	4 tablespoons
Oregano, ground	1 tablespoon
Black-eyed peas	2 x 1/2 cup
Carrots, raw	1 cup

Instructions

1. Sauté the onions, celery, carrots, bell peppers in water until the onions are translucent.
2. Add all other ingredients except the chives.
3. Simmer on a low heat for about 30 minutes.
4. Let the soup cool.
5. Use an immersion blender. Blend all ingredients.
6. Reheat.
7. Spoon into bowls. Add chives.
8. Enjoy!