

# Orange Squash Soup

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*Makes about 6 servings*

*Author: Leah Romay*

Brighten up your day with a cheerful orange soup made with winter squash, sweet potato, carrots, lemon, ginger and orange!

## INGREDIENTS

- 1 onion, roughly chopped
- 4 garlic cloves, sliced
- 1 tsp salt
- few grinds of black pepper
- 1 T grated fresh ginger root
- 3 stalks celery, chopped
- 8 cups water
- 3 carrots, chopped
- 1 large sweet potato, peeled and chopped
- 1 large kabocha squash, cut into chunks
- 2 T raw honey
- juice and zest of 1 lemon
- juice and zest of 1 orange

## DIRECTIONS

1. Begin by chopping the kabocha squash into large chunks and removing the seeds. Place kabocha chunks in a large pot with a steamer basket and steam until just tender. Alternatively, roast the squash for 30 mins at 400 F. The goal is to soften the squash a bit so you can easily remove the outer skin. Kabocha squash skin is very tough to remove when raw.
2. Once you have the squash steaming/roasting, chop the other ingredients. This will save you time.
3. In a large Dutch oven pot over medium heat, add 2 T olive oil. Add the onions and garlic, cooking for 5 minutes. Then add the celery and cook another 3 minutes.
4. By now, the squash should be cooked enough that it will be easy to remove the skins. Carefully transfer the squash pieces to a cutting board and cut off the skin.

5. Back to the pot - Add the salt, pepper, and grated ginger and stir to combine. Add the carrots, sweet potato, squash and water. Cover with a lid and bring to a boil over high heat, then reduce to low and simmer for 10-15 minutes until all of the veggies are very soft.
6. Transfer the contents of the pot to a blender and puree in batches. Alternatively, use an immersion blender.
7. Add in the honey, lemon and orange juice and zest. Stir well to combine.
8. Serve with a dollop of coconut yogurt, a sprinkle of pumpkin seeds, and maybe a nice slice of whole grain bread.