

ACORN SQUASH SOUP

Cuisine collective les ricaneuses, Centre d'action bénévole d'Iberville



6 portions		12 portions	24 portions
2 tbsp.	Butter	4 tbsp.	8 tbsp.
3/4 cup	Chopped onions	1 1/3 cups	2 2/3 cups
1 1/2 cup	Chopped carrots	3 cups	6 cups
3 cups	Mushrooms	6 cups	12 cups
3 cups	Cooked acorn squash	6 cups	12 cups
6 cups	Chicken broth	12 cups	24 cups
1 tsp.	Basil	2 tsp.	4 tsp.
1/8 tsp.	Thyme	1/4 tsp.	1/2 tsp.
1	Bay leaf	2	4
1/4 tsp.	Pepper	1/2 tsp.	1 tsp.
1/2 tsp.	Salt	1 tsp.	2 tsp.
	Milk and cream optional		

Instructions:

- In a pot, sauté onions, mushrooms and carrots.
- Add squash, spices and chicken broth.
- Bring to boil. Lower to medium heat and let simmer until vegetables are cooked.
- Let cool and put in blender.
- Add milk or cream when served.

Cost per portion: \$0.35

Did you know that...

Acorn squash is deeply ribbed making the skin more difficult to remove. To make removal easier, cook acorn squash in the oven or microwave oven. The fine, golden-yellow flesh and is slightly fibrous. It has a nutty (hazelnut), peppery taste. This type of squash is better when it measures 12 centimetres high by 15 to 20 cm in diameter. It can be preserved for 30 to 50 days.