

## **Butternut Squash Soup or Winter Vegetable**

4 cups Chicken Broth \*  
1.75lb Diced fresh Butternut  
1 lg White Potato - diced  
1 lg Onions - diced  
pinch Black Pepper  
2 pinch Nutmeg  
1/2 cup Milk  
Depot Spice to Taste

1. Bring broth, squash, potatoes, onions to boil in a medium stock pot.
2. Cook over medium heat (slow boil) for approximately 20 minutes, or potatoes & squash begin to break down.
3. Puree using an immersion blender or in a regular blender in small batches.
4. Add black pepper, nutmeg and milk. Cook for 10 minutes
5. Reduce heat to low, check taste, add Depot Spice if needed. (Do Not Allow to Boil)  
\* or Vegetable Stock

### **Alternate Version:** **Winter Vegetables:**

Use equal amounts of your favorite winter vegetables in place of butternut squash.  
Turnip (white or yellow), parsnips, carrots, squash.

**Better Life Food**

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