

Corned Squash & Mushroom Soup

Serve 4 or 5
serving(s)

Preparation time: 45
minutes. (Squash
and ingredients
with squash added)



Note: This soup
can be made
with no dairy
products.

2 medium acorn or buttered squash
2 1/2 cups water
1 cup orange juice
1 Tbl. butter or oil
1 cup chopped onion
1 medium clove garlic, crushed
1/2 tsp. salt
1/2 tsp. ground cumin

1 tsp. turmeric
1/2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. dry mustard
1/2 lb. mushrooms, sliced
a few dashes cayenne (optional)
fresh lemon juice } optional
spoon, for the top }

1) Preheat oven to 375°F. Split the squash lengthwise, remove seeds, and place face down on a lightly oiled tray. Bake until soft (about 30 to 40 minutes). Cool, then scoop out the insides. Measure out 2 cups worth, place this in a food processor or blender with the water, and puree until smooth. (You may need to do this in batches.) Transfer to a large, and stir in the orange juice.

2) Heat the butter or oil in a skillet, and add onion, garlic, salt, and spices. Sauté over medium heat until the onion is very soft - about 1 minute. (You may need to add a small amount of water to prevent sticking.) Add mushrooms, cover, and cook about 10 minutes over medium heat, stirring occasionally.

3) Add the soup to the squash, scraping the skillet until to salvage all the good stuff. Add cayenne and heat gently, once it is hot, taste it to correct the seasoning. This is a fairly sweet soup; you may choose to balance that by adding fresh lemon juice to taste and/or topping each bowlful with a small spoonful of yogurt.



Photo by Joyce Hill

Moosewood Cookbook Quiche Recipe

Warren J. Belasco



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