

Bella Butternut Squash Soup
by: Hank Stelzl

Ingredients:

- **1 Large butternut squash and 1 small pumpkin from The Bella Garden Project at Bella Mente Montessori Academy.**
- **3 medium sized carrots not peeled**
- **1 Large yellow onion peeled and quartered**
- **2-3 tablespoons of vegetable bouillon paste**
- **8 cups of water**
- **1 bay leaf**
- **1 ½ teaspoons of garlic powder**
- **½ teaspoon of ground nutmeg**
- **salt and pepper to taste**
- **McCormick Italian seasoning to taste**

Directions

1. Preheat an oven to 500 degrees F (260 degrees C). Line a baking sheet with aluminum foil.
2. Spread squash, carrots, and onion out into a single layer on the lined baking sheet.
3. Bake in the preheated oven until squash and pumpkin is slightly browned and onions look a little caramelized, about 10 minutes. Cut rind from squash and discard.
4. Place bouillon paste in a slow cooker. Pour peeled squash pieces, carrots, onions, and potato into slow cooker. Pour water over vegetables and stir in bay leaf, garlic powder, nutmeg, salt, and black pepper.
5. Cook on High for 4 hours, stirring once. Discard bay leaf.
6. Puree soup with an immersion blender until smooth.
7. Garnish with creme-fraiche, or a dollop of sour cream and a sprig of chopped fresh parsley.

Ready in 4 hours 35 minutes, 20-25 minutes of prep, approximately 200 calories.