

## **Butternut Squash Soup**

**(from *Food and Wine*)**

You will need:

6 cups chicken broth or vegetable broth  
one 2-pound butternut squash—quartered, seeded, peeled and cut into 2-inch pieces  
5 thyme sprigs, or ½ tsp dried thyme  
2 garlic cloves, halved  
2 medium leeks, white and pale green parts only, cut into 2-inch pieces  
1 celery rib, cut into 2-inch pieces  
1 tablespoon olive oil  
2 packed cups coarsely chopped collards

1 cup corn kernels  
15-ounce can pinto or romano beans, drained and rinsed  
1 medium carrot, finely diced  
1 red bell pepper, finely diced  
salt and freshly ground black pepper, to taste.

In a large, heavy pot, combine the broth, squash, thyme, garlic, leeks and celery and bring to a boil. Cover and simmer over low heat for 45 minutes.

Discard the thyme sprigs from the soup. Working in batches, puree the soup in a blender. Return the soup to the pot. Add the collards, pinto beans, carrot, bell pepper and corn and simmer over moderately low heat, stirring occasionally, until vegetables are tender, about 10 minutes. Season the soup with salt and pepper and serve. Refrigerate unused portions for up to 4 days.

From the library of Andrea Bartels, RNCP Registered Nutritional Consultant  
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