

Butternut Squash or Pumpkin Bisque

Submitted by Kathryn Ganacoplos-Lewis

Ingredients:

2 Tbsp of Smart Balance Light with Flax (vegan)
2 small onions, chopped
1 lb of fresh Butternut Squash or Acorn (or a combo of both is yummy too!)
peeled, seeded and cut into 2 inch pieces.

OR

1lb of pumpkin -- peeled, seeded and cut into 2 inch pieces
1 teaspoon of Nutmeg
1.2 liters or 5 cups of Veggie Stock
8 oz of potatoes
salt and pepper to taste
1 cup of plain soy milk, rice milk or coconut milk, optional

Directions:

Melt Smart Balance LIGHT with Flax in a large pan. Add onion and cook over a medium heat for about 5 minutes or until soft. Add the butternut squash (or pumpkin) vegetable stock, and potatoes. Bring to a boil. Reduce heat to low, cover pan and simmer gently for about 35 minutes until all veggies are soft. Pour soup into food processor or blender and process until smooth. Return soup to pan and warm thoroughly. Add salt and pepper to taste preference level. For added richness, 1 cup of plain soy milk, rice milk or coconut milk should be added last while soup is heating.

Presentation Tip: I always bake a half of an acorn squash or butter nut squash and add a few chunks to the middle of the bowl before serving. It looks nice and gives it a little texture.

"Some are convinced that we should eat all foods, at all times, without discretion. They say that we should cast off all the restrictions of the fast and make wide the road to the belly. However, we have a teaching from the Savior Christ that the demons are not cast out except by prayer and fasting. His holy disciples and Apostles ministered to the Lord with fasting, as it is written: 'As they ministered to the Lord and fasted ...' (Acts 13:1).

Elder Cleopa of Romania