

January 2011 Recipe

Seth's Green Squash Soup

4 c. winter squash (Buttercup and Butternut work well)

1 1/2 c. carrot cut into chunks

4 c. potatoes cubed

5 c. kale, chopped

1 large onion, chopped

4-5 garlic cloves, chopped

1 T. salt

1 tsp. pepper

1/4 tsp. cayenne

1/4 tsp. nutmeg

1/2 tsp. cinnamon

2 T. dried tarragon

Add 2 c. of potatoes to small pot and boil until they are soft but don't fall apart. Add everything else to a large pot with enough water to cover 1-2 inches. Cook until tender.

Blend the mixture in a blender or food processor in batches and return to pot. Add the cooked potato as you blend. Add more spices as you like. Simmer 10 minutes more and serve.

Contributed by **Caitlin and Seth Roberts**

(Seth Roberts is a former Food Coop board member who is now farming in Salida, CO)



A recipe from "A Measure of Community" favorite recipes from staff, members, and friends of the Fort Collins Food Co-op.