

# Carrot Squash Soup

with Beck Farms Carrots, Upper Green Farms Potatoes, and Jungle Farm's Butter Cup Squash



## INGREDIENTS

1 medium onion, chopped  
2 celery ribs, chopped  
1 tablespoon canola oil  
4-5 cups vegetable broth  
1 pound Beck Farms Carrots, sliced  
1 pound Upper Green Farm yellow potatoes, peeled and cubed  
1 medium Jungle Farm Hubbard or Butter cup squash  
1 teaspoon salt  
1/4 teaspoon pepper  
Beck Farms Habanero Carrot Hot Sauce to taste 2 - 4 tsp, optional  
Coconut cream or sour cream, optional  
Fresh cilantro leaves, optional

## DIRECTIONS

- Pre heat oven to 400 degrees. Cut squash in half and seed.
- Place squash on baking pan and roast until tender. Once tender let cool slightly and scrape out flesh. Set aside.
- In a large soup pot or Dutch oven, sauté onion and celery in oil until tender. Add the broth, carrots and potatoes; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender.
- Add in squash and simmer for 5 more minutes. Remove from the heat; cool slightly.
- Transfer to a blender; cover and process until smooth. Return to pan add in hot sauce to taste if using; stir in salt and pepper. Heat through.
- If desired, sprinkle with cilantro.
- Optional toppings: cilantro, coconut cream, sour cream