

K's Kitchen: Butternut Squash and Cauliflower Soup

By Kathryn Reed

I came across Cookin' Canuck by chance. Someone on Twitter or Facebook had mentioned something about not liking a food site anymore. Others recommended other sites. Before I knew I was searching for recipes and forgetting all about work.



Of course I convinced myself if I found a recipe that sounded good, tried it and would want to publish it on *Lake Tahoe News*, then I was working. It was research.

The recipe below is not only a great winter soup, it's healthy and easy.

This is what the Cookin' Canuck website says, "Dara Michalski is the writer, recipe developer and photographer behind the award winning site, Cookin' Canuck. Dara has been sharing her easy, innovative and healthy recipes with her readers since April 2009."

This is the only recipe of hers that I have tried. But based on how good it was I'm ready to peruse the site again to see what else Michalski has come up with.

Butternut Squash and Cauliflower Soup

2 tsp olive oil

1 medium onion, chopped

2 cloves garlic, minced

1 carrot, cut into thin half-circles

1 celery stalk, thinly sliced

$\frac{1}{4}$ tsp dried chile flakes

$\frac{1}{2}$ tsp dried thyme

$\frac{1}{4}$ tsp salt

1 T tomato paste

$\frac{3}{4}$ pound butternut squash (about $2\frac{1}{2}$ C)

$\frac{1}{2}$ pound cauliflower (about 2 C)

$1\frac{3}{4}$ C vegetable broth

$1\frac{3}{4}$ C water

2 bay leaves

$\frac{1}{4}$ C minced Italian parsley

Salt and pepper, to taste

Heat olive oil in a large saucepan set over medium heat.

Add the onion and cook, stirring occasionally, until the onion just starts to soften, about 5 minutes.

Add the garlic, carrots, celery, dried chile flakes, thyme and salt. Cook until the vegetables are tender, about 5 minutes.

Stir in the tomato paste and cook for one additional minute.

Stir in the butternut squash, cauliflower, vegetable broth, water and bay leaves. Bring to a boil, then reduce to a simmer, partially cover the saucepan and cook until the squash and cauliflower are tender, 15 to 20 minutes.

Let the soup cool for 10 minutes, then transfer 2 cups of the soup to a blender. Puree until almost smooth, then stir the

mixture back into the soup.

Stir in the parsley, add salt and pepper (if desired) and serve.