

## ROASTED SQUASH AND GARLIC SOUP

WITH

## BEET SPLASH

Roasting the garlic and squash adds a fabulous flavour to this soup. With the beet splash, it looks stunning, too. (Wrap the unpeeled beet in foil and roast with the other vegetables, though it may take a bit longer to cook.) This recipe can also be halved. If your squash is not bright orange inside, bake a sweet potato with the other vegetables, peel, and add to squash and onions in the soup.

MAKES 10 TO 12 SERVINGS

4	HEADS GARLIC	4
2	LARGE BUTTERNUT SQUASH (at least 2 lb/1 kg each)	2
2	ONIONS, PEELED	2
8 CUPS	HOMEADE VEGETABLE STOCK	2 L
1 TSP	SALT	5 mL
1 TSP	PEPPER	5 mL

### BEET SPLASH

1	LARGE BEET (about 8 oz/250g), or 2 SMALLER BEETS, ROASTED	1
1 CUP	YOGURT CHEESE or THICK YOGURT	250 mL

- 1 Cut top quarter off heads of garlic and wrap garlic in foil. Cut squash in half lengthwise and discard pulp and seeds. Place squash, cut side down, on baking sheet lined with parchment paper. Cut onion into quarters and place beside squash.
- 2 Roast garlic and vegetables in a preheated 350 F/180 C oven for 45 to 60 minutes, or until very tender.
- 3 Squeeze garlic into food processor. Scrape out squash flesh and add to processor with onions. Puree, adding a bit of stock if necessary.
- 4 Transfer vegetable puree to a saucepan and add stocks. Bring to a boil and simmer gently for 10 minutes. Add salt & pepper. Taste and adjust seasonings.
- 5 Peel beet, cut into chunks and add to food processor. Puree. Add yogurt and puree until smooth. Add milk, yogurt or water if mixture is too thick.
- 6 Serve soup in wide bowls with some beet puree "splashed" on top.