

# **Featured in**

## **Food For Thought Restaurant**

### **Brighton Campus Building 3**

## **Carrot, Squash and Ginger Soup**

Servings: 20

2 ½ pounds butternut squash, peeled and cubed  
2 ½ pounds carrots, peeled and sliced  
3 ounces ginger root, peeled and very thinly sliced  
1 pound onions, peeled and sliced  
2 quarts vegetable stock  
Salt and pepper to taste  
¼ teaspoon crushed red pepper to taste  
1 cup plain low-fat yogurt  
Extra plain yogurt – for garnish

- In large sauce pan, place the vegetables, ginger, some of the spices and the stock and bring to a boil over medium heat.
- Cover and simmer until everything is very tender, about 30-40 minutes. Check the liquid content occasionally to make sure it doesn't boil dry. If it gets low, add a little water.
- When the vegetables are tender, take out some of the liquid and reserve.
- Puree with an immersion blender until smooth, adding back some or all of the liquid to make the consistency of thick heavy cream.
- Add the yogurt and adjust seasonings.
- Garnish with a little swirl of yogurt.