



WFPB Autumn Glow Soup

From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Preheat oven to 375 degrees F. Half squash and scoop out seeds, coat with coconut oil and bake for 45 minutes.
- 2) In a huge pot, put broth, diced onion, diced garlic, turmeric, $\frac{1}{2}$ of the celery, cilantro stems, shredded kale & one bag of corn...cook until everything is soft (30-45 minutes min).
- 3) While the squash is roasting and soup is cooking, chop carrots, & potato and stage them in a large bowl with the other $\frac{1}{2}$ of the celery.
- 4) Add $\frac{1}{2}$ of the squash, nutritional yeast, honey, salt, pepper and oat milk, bring up to temperature, then blend with an emersion blender.
- 5) Add the staged items, along with other $\frac{1}{2}$ of the squash. Let simmer until potatoes and carrots are soft. Add more coconut milk if it's too thick.
- 6) Top with cilantro leaves.

Notes

Ingredients

- Coconut Oil
- 1 large acorn squash
- 1 large butternut
- Onion – 1 large
- Garlic – 8 gloves
- Tumeric—fresh 4 pieces
- Celery – $\frac{1}{2}$ stalk
- Frozen Corn—3 bags
- Vegetable Broth/stock – 3 boxes
- Kale – 1 Bunch
- Unsweetened oat Milk
- Nutritional yeast – $\frac{1}{2}$ cup
- Honey – $\frac{1}{3}$ cup
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Smoked paprika—1 tablespoon
- Carrots – 2 lbs
- Potato – 2 lbs
- Cilantro – 1 bunch, top leaf $\frac{1}{2}$ for topper, bottom stem $\frac{1}{2}$ for soup

