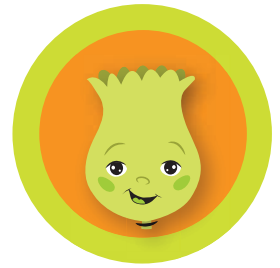
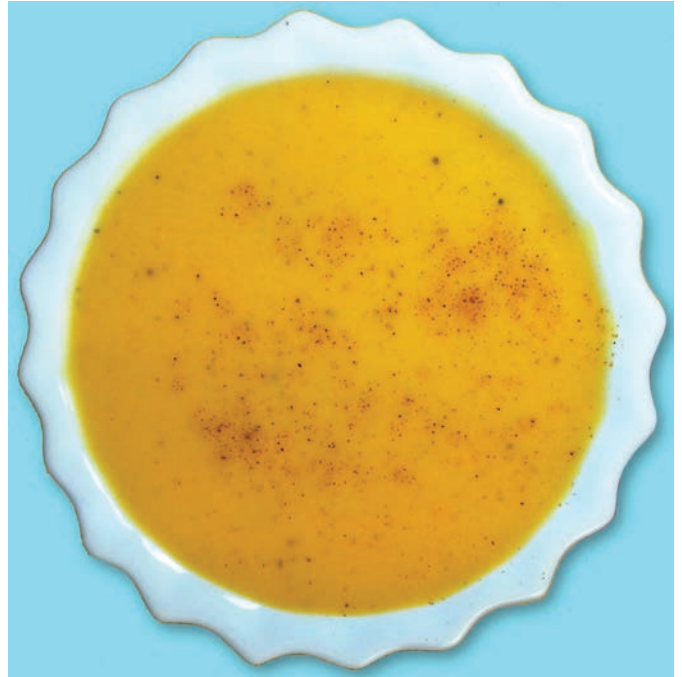


# Healthy Eating



## Butternut Squash Sunshine Soup

1 large butternut squash  
2 tablespoons of margarine  
1 white onion, finely diced  
32 oz. vegetable stock  
1 teaspoon curry powder  
Salt + pepper to taste  
1/2 cup soy creamer



Cut rind off of squash and put it into your compost bin. Dice squash into 1 inch cubes - scraping out any seeds. Fry onion in margarine until soft. Add squash cubes, curry, salt + pepper and fry for 5 minutes. Pour in vegetable stock. Cook until squash is soft - about an hour. Scoop out mixture and puree in blender. Pour back into pan. Add creamer and simmer on low heat until hot.