

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Butternut Squash Soup with Leeks and Wild Mushrooms

Ingredients

3lbs butternut squash, peeled and cut in half lengthwise
2 tbsp of corn oil
4 tbsp olive oil
3 large leeks, white and light green parts only, sliced
1 vidalia onion, sliced thin
3 garlic cloves, minced
2 quarts of vegetable or chicken stock
2 tsp sea salt
¼ tsp white pepper
1 cup light cream
3 oz Shitake mushrooms, sliced
3 oz Crimini mushrooms, sliced
Sliced chives to garnish

Method

Brush peeled butternut squash with about 2 tbsp of corn oil and roast in a 400 degree oven until golden in color.

Heat the olive oil in a soup pot, add the sliced leeks and the roasted butternut squash, cook covered until tender.

Add the Vidalia onion and garlic, simmer for three additional minutes.

Add the broth, simmer for about twenty additional minutes.

Puree the soup until very smooth.

Add the light cream, season with salt and pepper, keep warm.

Saute the Shitake and crimini mushrooms in the olive oil for about five minutes or until tender, season to taste.

Serve the butternut squash puree in a warm soup bowl, spoon the mushroom medley in the middle of soup, and garnish with sliced chives.