

Recipe by Satchel Stinson

For this recipe I made a roasted acorn squash soup. This recipe contains animal products, but can easily be modified to be vegan or vegetarian. I have included pictures and the recipe below. Enjoy!

Ingredients:

- ½ acorn squash
- 1 can tomato soup
- ¼ cup cream cheese
- ½ red bell pepper
- ¼ yellow onion
- milk (add for desired consistency)
- 1 tbs garlic salt
- 1 tbs black pepper
- 1ts garam masala
- 1 ts turmeric

Instructions:

Preheat the oven to 400. Take your half acorn squash and remove the seeds. Cover squash in olive or vegetable oil. Sprinkle it with black pepper and garlic salt. Place squash in the oven for 35 minutes. While it's roasting, dice the bell pepper and onion. Once diced, sautee them in a pan with oil on medium-high heat until they're cooked through. Once the squash is done, gut the flesh and mix it in a blender with the tomato soup. Pour contents into a medium to large pot. Turn the heat to medium-high and add the spices, cream cheese, onion, and bell pepper. Allow the mixture to come to a simmer and reduce the heat, stirring occasionally. Add the milk to create the creaminess and consistency that you desire. Stir in the ingredients till thoroughly mixed. Turn off heat and allow time to cool. Serve the soup with rice or have it on its own. Enjoy!





