



TRUDY'S BUTTERNUT SQUASH PUREED SOUP

2 TAB OLIVE OIL (or more add if needed as cooking)

1 SWEET ONION CHOPPED

2 PEELED CARROTS (or more if small) MICROWAVE 5 min

2 to 2 1/2 BUTTERNUT SQUASH

4 CUPS ORGANIC VEGETABLE STOCK (Trader Joe's)

1/2-3/4 CUP HALF AND HALF CREAM

1 TEASPOON AGAVE NECTAR (or persimmon mash)

You can oven cook the squash sliced in an oven (remove seeds)
and scoop out the squash when cooked OR

Peel the skin, cut open, remove seeds, cut in half then chunks
and microwave 15 minutes until soft.

SAUTE THE ONION IN SAUCEPAN with olive oil

ADD THE REST OF THE INGREDIENTS except cream

COOK 40 MIN + /ADD CREAM/ COOL A BIT/ PUREE.