



Butternut Soup with Greens and Grains

This super simple recipe takes 15 minutes (longer depending on grains) and is a great, wholesome quick dinner.

4 servings grains

3 medium broccoli heads

2 cup packed greens

1 Hakurei turnip

1 T butter or oil

Start grains (quinoa, bulgar, brown rice, couscous (pictured) barley, etc.). Eight minutes before the grains are done, put butter or oil in the pan to heat over medium heat. Chop the broccoli into bite size pieces, add the broccoli to the pan. Roughly chop the greens into 1 inch pieces. Add the greens to the pan, stir in with broccoli. Turn heat off and keep stirring until greens just wilt. Dice turnip, and add to the mix.

Spoon grains into bowls, spoon heated Roasted Butternut Soup (below) onto grains, top with broccoli and greens.

Roasted Butternut Soup

1 large winter squash, peeled, seeded,
and cut into 2" pieces

2 medium onions, peeled and quartered

3-5 cloves garlic, peeled

2 T olive oil

2 t Chili powder

1 stalk celery (or a sprig of celery leaf)

Salt to taste

4-5 cups vegetable stock

Preheat oven to 400 F. In large roasting pan toss squash, onions and garlic with oil to coat. Season with salt and chili powder. Roast, stirring every 10 minutes until tender and lightly browned, about 40 minutes.

Puree half the vegetables with 2 cups of stock in blender until smooth. Repeat with remainder of broth and vegetables. Return puree to pot, reheat and thin with additional broth if too thick and adjust seasonings if needed.

The soup is great on its own, and can be refrigerated or frozen.

--from Tomato Mountain farm manager, Kurt Muezelaar



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