

## **SWEET POTATO AND BUTTERNUT SQUASH SOUP** - Serves 16

4 Tbs olive oil

3 onions (largish)

8 garlic cloves, crushed or pressed

1 heaping Tbs ground cumin

1 heaping Tbs coriander

2 inches fresh ginger, peeled and grated (microplane) or 2 Tbs jarred ginger

1 green chili seeded and chopped or to taste (optional)

Zest and juice of 3 limes

1 Tbs plus 1 tsp runny honey

3 lb sweet potato peeled and cut into 1" dice

3 lb butternut squash peeled and cut into 1" dice

4 liters chicken or vegetable stock

3-4 14 oz cans chickpeas drained and rinsed

Salt and freshly ground pepper to taste

Fresh cilantro (1 cup approx) chopped

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Heat the oil and cook the onion and garlic in a saucepan for 10 minutes.

Stir in the spices, ginger, chili, lime zest and honey and stir for 30 seconds.

Add sweet potato, butternut squash. Juice of 2 limes and stock. Cover, bring to boil then simmer about 10-20 minutes until squash and sweet potato are tender. Add chick peas halfway through. Add remaining lime juice to taste.

Cool slightly then use an immersion blender to thicken a bit (fully puree or leave a bit chunky). Stir in cilantro off the heat and serve (or cool to package and freeze).