

CREAMY RYE & BUTTERNUT SQUASH SOUP

This soothing soup is usually bolstered with hefty amounts of milk and cheese. Our vegan variation gets its richness from the creamy starches released by the bread and squash instead.

ACTIVE: 30 MINUTES

TOTAL:

1 HOUR 5 MINUTES

 SORE MOUTH OR THROAT

 DIARRHEA

 DAIRY FREE

 VEGETARIAN

 VEGAN

 FREEZABLE

TIP: To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days or bake cubed bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes.

1½ pounds butternut, kabocha or Hubbard squash
2 tablespoons extra-virgin olive oil
2 cloves garlic, minced
¼ teaspoon crushed red pepper
6 cups water
1 teaspoon kosher or sea salt
5 cups 1-inch pieces crustless stale rye bread (see Tip)
2 tablespoons finely chopped fresh parsley

1. Peel and seed squash. Cut into enough 1-inch pieces to make about 4½ cups.
2. Heat oil in a large saucepan or Dutch oven over medium heat. Add garlic and crushed red pepper; cook, stirring, until fragrant, about 1 minute. Add the squash and stir to coat with the oil. Add water and salt. Bring to a boil. Reduce heat and simmer, partially covered, until the squash is tender, 15 to 20 minutes.
3. Mash about half the squash against the side of the pot to create a thick broth. Stir in bread; return to a simmer and cook, stirring occasionally, until the bread is beginning to break apart, 5 to 15 minutes (cooking time depends on how stale and/or dense your bread is).
4. Remove the soup from the heat, cover and let stand for 15 minutes. Stir in parsley and serve.

SERVES 6: 1⅓ CUPS EACH

Calories 171, **Fat** 6g (sat 1g), **Cholesterol** 0mg, **Carbs** 27g, **Total sugars** 3g (added 1g), **Protein** 4g, **Fiber** 5g, **Sodium** 447mg, **Potassium** 289mg.