



CREAM CORN SQUASH SOUP

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 2 large white or yellow onions, chopped (about 4 cups)
- 1/2 teaspoon Pink Himalayan salt
- 1/2 teaspoon black pepper
- 6 large garlic cloves, peeled and left whole
- 4 cups Organic corn kernels (fresh or frozen)
- 2 cups sliced squash
- Handful of fresh basil leaves, for serving



Corn and squash make a perfect couple in this cozy and creamy seasonal fall soup.

DIRECTIONS

1. Add three tablespoons of olive oil in a pot and SAUTE the onions and season well with salt and pepper.
2. Cook onions until soft.
3. Add the garlic, squash, and corn kernels and stir to combine. Add six cups of water and bring mixture to a boil. Reduce heat to a gentle simmer.
4. Working in batches, puree the soup in a blender.
5. Check consistency and seasoning and adjust as needed (add more water if soup seems too thick).
6. Serve into individual bowls. Drizzle about one teaspoon of olive oil over each serving. Chop the basil, and sprinkle over to finish.

BENEFITS

Squashes are known to promote cardiovascular health and digestion. When organic, corn is known to fight age-related vision loss, reduce an enlarged prostate, and promote a healthy digestive tract. Blue corn is a healthier alternative to genetically modified yellow corn varieties.