**Curried Squash Soup (V,GF):**

Ingredients: Butternut squash, yellow onions, curry paste, coconut milk, spices, lime juice, salt. **Brown Butter Cauliflower (Veg, GF)** Ingredients: Cauliflower, almond milk, half-and-half, olive oil, lemon juice, nonfat dry milk, spices, salt.

**Heating Instructions:**

Stove Top: Place soup in a pot and heat on the stove until just boiling.

Microwave: Place soup in bowls and heat on high for 2 minutes, stirring after 1 minute.

**The Soup Starts here:**

Check out the QR code for feedback forms, ordering and more soup info!

**Curried Squash Soup (V,GF):** Eating butternut squash is not only delicious but exceptionally favorable for your immune system. Some upsides to eating squash include high levels of vitamin A and C and with squash being roughly 87% water, you will be well hydrated from one serving. You will find that butternut squash is part of the cucurbitaceae family alongside pumpkins, gourds and zucchini. Squash, typically thought of as a vegetable, is technically a fruit. It blossoms from the flowering part of the plant and has internal seeds! I don’t want to spook you too much but cucumbers and eggplants are fruits too…! For the record, just because it is classified as a fruit does not mean you should eat it raw. Butternut has an extremely tough exterior and needs to be roasted at a high temperature to help remove the skin. Now that you are up to speed on the back story, it’s time to eat this deliciously nutritious soup. **Serving Suggestion**: I suggest two sides this week! Try a spinach salad with apples, walnuts, cranberries, goat cheese and a dijon vinaigrette because it’s light and delicate. In addition, a warm rice pilaf with mushrooms for its nutty flavor.

**Brown Butter Cauliflower (Veg,GF):** It seems only fair to highlight cauliflower like we did with the butternut squash. Cauliflower is considered a superfood because of its nutrient dense properties like antioxidants and fiber. Additionally, cauliflower is gluten free which makes for a great substitute for flour! This is why you have seen a boom in cauliflower crust pizzas at the grocery store. Brassicaceae, is the family which cauliflower, broccoli, cabbage and radishes reside in. They are crunchy, and most people need these vegetables to be cooked in order to properly digest them. The brown butter helps make this soup a creamy delicacy with a proper mouth feel. **Serving Suggestion + garnish:** Fried capers, bacon bits and a drizzle of chive oil!

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