



1.5 hrs



Serves 4



FRESH

BUTTERNUT SQUASH SOUP

Ingredients:

- 1 medium butternut squash, oven roasted & chopped
- 3 tbsp of butter
- 2 small onions, diced
- 2 cloves of garlic, minced
- ¼ tsp cinnamon
- ¼ tsp allspice
- 4-6 cups of chicken or vegetable stock
- Salt & pepper to taste
- Drizzle of heavy cream or plain greek yogurt (optional)
- Green onion, chopped (optional)
- Pumpkin seeds (optional)

Sustainability:

- Local and in-season ingredients used
- Great for batch meal preparation
- Minimal waste produced

Directions:

1. Preheat the oven to 375°F.
2. Cut the squash lengthwise & remove seeds.
3. Transfer to a parchment lined baking sheet with the cut side facing up. Brush with olive oil or melted butter.
4. Roast squash for 40 minutes until soft.
5. Allow squash to cool for 30 minutes and chop into two-inch cubes, removing the skin.
6. In a large soup pot, melt the butter over medium heat. Add onions and cook until soft (about four minutes).
7. Add in garlic, roasted squash, cinnamon, allspice, salt and pepper. Stir for two minutes.
8. Add stock and bring to a boil over high heat. Once boiling, reduce heat to a simmer (low) and cook for 10 minutes.
9. Puree the soup with an immersion blender or wait until the soup has cooled and add it to a blender.
10. Serve and enjoy. Garnish with heavy cream drizzle, green onions, and pumpkin seeds if desired.

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Reduce Food Waste by following these tips from Love Food Hate Waste:

1. Plan It Out: Plan meals before shopping

Start simple, consider your schedule and plan time to grocery shop and cook.

Plan your meals and base your grocery list on what you are missing at home.

Leave room for flexibility, plan for 4-5 meals and consider batch cooking so that you have leftovers to use as well.

2. Keep It Fresh: Store food properly so that it will keep fresh longer

Keep it cool: Fridge should be 0°C to 4°C to preserve freshness.

Keep it clear: clear containers make it easier to see leftovers.

Keep it out of the door: No milk/dairy/eggs/raw condiments since the door is too warm.

Keep it whole: avoid slicing food until you are ready to use it.

First in, first out (FIFO): Older foods go to the front, new groceries go to the back.

3. Use It Up: Use up foods before they spoil, and revive wilted veggies

Get creative when loving leftovers.

Reduced-waste recipe ideas.

Check what foods you have before grocery shopping. Use FIFO to ensure you use up old foods first.

Rehydrate wilted veggies with an ice-water bath.

Recipe Ideas to Prevent Food Waste from the Rock What You've Got Cookbook (2019)

“Fridge Clean Out” recipes

- With plenty and variable ingredient options, you can make use of what you already have in your fridge.

- Get creative, try new ingredient combinations or create substitutions to use up any odds and ends in the fridge.

“Zero-Waste” recipes

- Use up all of the main ingredients in recipes so that you are not left with half of a vegetable that eventually finds its way to the compost bin.

Resources:

<https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf>
<https://lovefoodhatewaste.ca/>
<http://guelphfamilyhealthstudy.com/cookbooks/>

“2-in-1” recipe

- Make use of leftovers in a completely new (and tasty) dish so that leftover components from Meal 1 are transformed into Meal 2.

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