

EXTRA VEGAN ZA  
**CURRIED SQUASH AND PEAR SOUP**

*2 Tbsp olive oil  
1 onion, diced  
1 kabocha or buttercup squash, peeled, seeded, and chopped  
5 carrots, thinly sliced  
2 pears, peeled, cored, and sliced  
1 tsp cumin, ground  
1 tsp turmeric  
1/2 tsp cinnamon  
1 Tbsp fresh gingerroot, grated  
2 Tbsp coarse sea salt  
8-10 cups of water*

*In a large saucepan, saute the onion in the oil over medium heat. As the onion becomes translucent, add the squash, carrots, pears, cumin, turmeric, cinnamon, gingerroot and salt, stirring to prevent any burning on the bottom of the pan. Add the water and bring to a simmer. Cover the soup, allowing it to simmer for about 15-20 minutes. The squash and carrots should be soft, not mushy. Remove from the heat, and blend half of the soup using an immersion blender. Stir and enjoy.*