

Beans, Rice And Everything Nice



Creamy Butternut Squash & Tomato Soup with Gremolata



original recipe by
beansriceeverythingnice.weebly.com

Soup

- 1 Tablespoon minced ginger
- 2 cups cooked
or one can white beans,
drained and rinsed
- 3 cups cubed butternut squash,
fresh or frozen
(about half a 2 pound squash)
- 1-796 ml or 28 ounce can
diced tomatoes
- 6 cups water
- salt and pepper to taste

Gremolata

- zest of one lemon
- 1 large or 2 small cloves garlic,
minced
- 1/2 cup packed parsley leaves
and small stems, minced

1. Prepare the butternut squash, if using fresh. Cut, peel, remove the seeds and chop into spoon-sized cubes. Peel and mince the ginger. Drain and rinse the beans, if using canned, and place them along with the canned tomatoes and cubed butternut squash in a large soup pot on the stove. Add the minced ginger and 6 cups of water.
2. Cover the pot. Bring to a boil over medium-high heat. Once boiling, reduce heat to medium and simmer, uncovered, for 25 minutes, until the squash is tender. Turn off the heat and set aside to cool a little before blending.
3. Place half the solids and about 1 cup of the liquid in a blender and puree. Return the puree to the soup pot, stir to combine and cover with a lid. Set aside while you prepare the gremolata.
4. Zest the lemon onto a cutting board. On the same cutting board, mince the garlic and tender parsley stems and leaves. Mix the lemon zest, garlic and parsley all together with the knife, stopping to chop it through a little more.
5. Ladle the soup into bowls, add salt and pepper to taste, and garnish with a generous tablespoon of the gremolata.

Tip:

For a stronger ginger flavour, add the minced ginger to the blender and puree it with the soup solids.

I like to use a knife and cutting board to make the gremolata as the lemon zest and garlic don't get chopped too finely, giving it a stronger flavour. If you prefer, you can do this step in a food processor.