



Cuisine Santé Calabaza, Acorn, Squash Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

- 1 ea Vidalia onion, diced
- 1 ea Acorn squash, chopped
- 1 lb Calabaza, peeled and chopped
- 3 oz Extra Virgin Olive Oil
- 1 qt HACO-Swiss Cuisine Santé White Roux, finished product
- 3 oz HACO-Swiss Cuisine Santé Vegetable Stock
- 1 qt Soy milk
- 1 dash Black pepper
- 1 dash Nutmeg
- 2 oz Baked ginger root, chopped
- 2 oz Cilantro, freshly chopped
- 1 ea Acorn squash, baked

Preparation

Sauté diced onions for 5 minutes on high heat until golden brown. Add chopped calabaza and acorn squash to onions until tender. Incorporate White Roux and the Vegetable Stock. Then add soy milk and a dash of black pepper and Nutmeg. Blend together; add chopped baked ginger root and cilantro.

Setting

For serving suggestion, bake 1 acorn squash on a cookie sheet at 350°F for 45 minutes. Remove lid of vegetable by cutting the top and serve the soup inside. Garnish with pieces of ginger and cilantro.

Specialty Ingredients

- #726 HACO-Swiss Cuisine Santé Vegetable Stock
- #730 HACO-Swiss Cuisine Santé White Roux
- Whole Nutmeg
- Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 9g	15%	Total Carb. 16g	4%
Serv. size 8 oz (227g)	Sat. Fat 4g	20%	Fiber 2g	6%
Servings 8	Trans fats 0g		Sugars 3g	
Calories 157	Cholest. 14mg	4%	Protein 6g	
Fat Cal. 78	Sodium 84mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 4%	Vitamin C 30%	Calcium 4%	Iron 6%