

## MORSELS AND MORE

### CREAM OF WINTER SQUASH SOUP

Participants will chop and dice the following vegetables;

2 cups potatoes

1 ½ cup any squash

½ cup celery

1 small onion

1 garlic clove

2 T. snipped parsley

You also need

1 t. dry mustard

1 t. lemon zest

1 can chicken broth

1 ¼ cup light cream

I precook dense vegetables until just tender. They are easier for participants to cut and they cook up faster in the dish.

Place first 8 ingredients in a saucepan and mix. Add broth and bring to a boil. Reduce heat and simmer until vegetables are done. You may place this mixture in a blender to cream or use a masher to simply reduce vegetables. Once done, add cream, heat and serve.