

INGREDIENTS

- 1 pound local squash
- 1/4 diced white onion
- 2 cloves of garlic
- 1 can carntion evaporated milk
- 1 chicken boullion
- 2 cups milk
- 4 tbspoons olive oil
- 1 teaspoon oregano
- pumpkin seeds for decoration

INSTRUCTIONS

1. Cut the squash in smaller pieces, dice onions in medium size chunks and peel garlic.
2. In a bowl, put the vegetables, olive oil, salt, pepper and oregano, toss and then take it to a tray to roast in the oven..
3. Roast for 30 minutes at 350° F.
4. Let cool down and blend with milk and bouillon, let the soup rest for one hour.
5. Reheat and serve with pumpkin seeds, almonds or pistachios.



Roasted Squash

Soup



4 servings



15 minutes

Use any squash or zucchini available in your market.

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