

## butternut squash soup

13 cups chopped butternut squash (the 13 cups here references the trade size of a Tupperware/ziplock food storage container... the big square one, you can google "13 cup Tupperware" and get a look at one)

2 carrots

1 apple

3 celery stalks

1 large onion (some red onion is ok)

2 garlic cloves

2 tbsp olive oil

1-2 tsp butter

2 cans chicken broth (use 0 for vegetarian)

1 can vegetable broth (use 3 for vegetarian)

½ tsp salt

1 tsp pepper (+some ground peppercorn)

1 tsp sage

½ tsp cayenne powder

2 tsp cinnamon

½ tsp nutmeg

½ tsp cloves

1 can coconut milk

in large soup pot: sauté onion, celery, garlic in oil & butter (i added some fresh ground peppercorn here) until tender

add rest of veggies & broth. cook on med for 30 min (until slow boil). then simmer 2-3 more hours.

add spices. blend everything with immersion blender. add coconut milk 10 min before serving/canning.

can for 75 min

additional notes:

- 1 xtra can broth is ok if you need to finish a carton (carton=2 cans) & you are doing x2-3 recipes, but water will not be needed ever
- you will need to double the butter & oil if you double the recipe
- cutting squash notes:
  - bulb is only useful if it is large & thick
  - cut neck off at level you think top of seeds end
  - "peel" bulb while it is whole
  - slice like cantaloupe & cut into soup pieces
  - cut off seeds as if they were bad spots
- timing notes:
  - 1 hr per tupperware of squash to chop all veggies
  - 2-3 hrs to cook soup
  - 2 ½ hrs to can
  - 2 ½ hrs 2<sup>nd</sup> can (if you did x2-3 recipes)
  - = 10-11 hrs (start early!)
- spices were adjusted in 2020 to this version, worked out very good!
- 3 tupperwares is the max per day for 2 rounds canning (makes 14 quarts + dinner/extra)

2022 notes:

- round 1 9.25 – 5 lg/xlg, 1 med filled 3 tupp, made 13 qts, vegetarian (not as good)
- round 2 10.9 – used lots, filled 3 tupp, made 13.5 qts
- round 3 10.30 – used 2 giant, 2 med/sm, made 15 qts
- round 4 11.11 – used 8 sm-lg, made 15 qts

2021 notes:

- 4 very large, 4 small filled 3 tupp, made 15 qts
- 2 med, 3 small filled 1.5 tupp, made 6.5 qts

2020 notes:

- 8 med- very large squash, filled 3 big tupperwares (3x recipe above), made 16 qts
- 5 med- very large squash, filled 2 big tupperwares (2x recipe above), made 9 qts