

Roasted Squash and Mushroom Soup with Chicken Sausage

Serves 4

Ingredients:

2 medium squash
4 cups chicken stock
2 Tablespoons olive oil
1 onion, chopped
4 carrots, chopped
2 to 3 cloves garlic, crushed
8 ounces mushrooms, sliced
1 Tablespoon diced ginger
1 ½ teaspoon cumin
1 ½ teaspoon coriander
1 teaspoon cinnamon
½ teaspoon mustard
1 teaspoon salt
Healthy dash of cayenne pepper
12-ounce package cooked gluten-free chicken sausage

Directions:

1. Preheat oven 350 degrees F. Halve and remove seeds from squash. Roast face-down in lightly oiled roasting pan for 30 minutes. Scoop out the squash when cool. Set aside.
2. On medium heat, sauté onions, ginger, carrots and spices for about 10 minutes.
3. Meanwhile, blend the squash and broth in blender. Add to sautéed veggies.
4. Add sausage and heat through.