

## *Butternut Squash-Mango Soup:*

1 Butternut Squash  
1 Sweet Potato  
1 Mango  
1 tbsp Ginger (grated fresh or dash of powder)  
1 tbsp Garlic (minced)  
1/2 small Onion (chopped)  
1 tsp Cayenne Pepper (to taste)  
Dash Salt  
Dash Pepper  
1 tsp Rosemary (dry or fresh)  
1 tsp Cinnamon  
1 tsp Madras Curry Powder  
Sprig Cilantro (optional garnish)

- Cut squash in half, remove seeds, cover with saran wrap, microwave for 10 minutes, or until soft, then remove insides and set aside. (Optional: bake squash in oven until soft, then remove insides and set aside).
- Brown onion, garlic, and ginger in large, deep pot sprayed lightly with olive oil on low heat.
- Cube squash, sweet potato, and mango, and add to pot (leave aside 1/4 of finely diced mango cubes). Add enough water to cover vegetables.
- Add cayenne pepper, salt, pepper, rosemary, curry powder, and cinnamon.
- Simmer until vegetables are soft. Puree contents of pot in blender (this is the key, and makes soups creamy without cream - hurrah!).
- Place pureed mixture back in pot on the stove and watch out for splatters.
- Add remaining mango cubes, and season to taste.
- Serve with cilantro garnish and rosemary crostini.

This soup goes nicely with red wine. Enjoy!