



**STEPHANIE'S
AUTUMN HARVEST SOUP**
serves 8-10

**2 sweet potatoes
1 small acorn squash
1 medium butternut squash**

Cut squash in half & place cut side down in baking dish together with sweet potatoes. Add 1 inch water. Bake at 400°, for 45 min. or until soft.

**1 medium sized onion
3 cloves garlic
1 Tbsp. maple syrup
Olive oil
1/4 tsp. crushed red pepper
salt & pepper to taste**

Sauté onion and garlic with maple syrup and spices until onions are golden and soft.

1/2 cup cream

Put baked vegetables into ice water to cool so you can peel. Cut into quarters and put in blender with onion mixture. Add cream and blend well.