

Rainy Day Vegetable Soup



Use homemade chicken broth you have stashed away in the freezer for a rainy day, and use the vegetable peeler to make quick work of peeling the butternut squash, or better yet, buy it already peeled and cubed, either fresh or frozen. Our tasters enjoyed adding cooked chicken and avocado chunks, making a hearty dinner.

- **2 Tbs. real butter**
- **1 medium onion, diced**
- **2 cloves garlic, chopped**
- **coarse salt and ground pepper**
- **1 small butternut squash, peeled, seeded and cut into 1-inch chunks**
- **1 bunch kale, ribs discarded, leaves chopped**
- **4 c. homemade chicken broth**
- **1-1/2 c. water**
- **2 c. home cooked navy beans (not canned)**
- **1 tsp. dried thyme leaves**
- **freshly grated Parmesan, for serving**



Notes: SCD legal navy beans need to be soaked for at least 10 hours, drained, then cooked in fresh water according to package directions. May be frozen in 2 c. increments.

Broth needs to be homemade, as purchased broths contain illegal root vegetables.

Cheese must be freshly grated, as pre-grated cheeses contain starches to prevent clumping.

In a large soup pot with a lid, melt butter over medium heat. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper. Add squash, kale, and broth and bring to a boil. Add beans and thyme. Reduce to

a simmer, cover and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve topped with Parmesan.