

## Butternut Squash and Sun-Dried Tomato Soup

This recipe comes from Nourishing Traditions by Sally Fallon. NewTrends Publishing, [www.newtrendspublishing.com](http://www.newtrendspublishing.com), 877-707-1776.

Serves 6

1 butternut squash  
2 medium onions, peeled and chopped  
2 tablespoons butter  
1 cup sun-dried tomatoes (You can slice and bake your cherry tomatoes until they are dry.)  
1 quart chicken or vegetable stock  
¼ teaspoon red chile flakes  
2 tablespoons finely chopped basil  
Sea salt or fish sauce and pepper  
Crème fraiche



Saute onions gently in butter until tender. Add tomatoes, stock, and chile flakes. Bring to a boil. Add pieces of butternut squash. Simmer about ½ hour, skimming a few times. Blend half of soup with a hand-held blender or a food processor. Thin with water if necessary. Add basil and season to taste. Ladle into heated bowls and serve with cultured cream.