**Autumn Harvest Soup**

**Ingredients**
- 1 tablespoon olive oil or organic pasture butter
- 1 large yellow onion, chopped
- 2 cloves garlic
- 2 tablespoons grated fresh ginger, finely chopped
- 1 teaspoon cinnamon
- 2 pounds butternut squash, diced *(For a shortcut, use frozen butternut squash.)*
- 1 pound sweet potatoes peeled and diced *(For a shortcut, use frozen sweet potatoes.)*
- 1 apple, peeled and seeded
- 4-6 cups chicken or vegetable stock
- Fresh ground black pepper
- Sea salt to taste

**Directions**

Heat butter in a large stock pot. Add onion and cook over a medium heat for 5 minutes, or until translucent. Stir in garlic, ginger, and cinnamon and cook for 1 minute. Add squash, sweet potatoes, apples and stock. Bring to a boil, then reduce heat. Cover and simmer until vegetables are tender, about 30-40 minutes.

Puree soup in a blender, or use an immersion blender; if you used a blender, return soup to the pot. Add black pepper and sea salt to taste. Garnish with Pumpkin Seed Parsley Garnish.

**Pumpkin Seed Garnish**

*From Feeding the Whole Family by Cynthia Lair reprinted with permission from Sasquatch Books.*

Makes around ¾ cup

- ½ cup pumpkin seeds
- 2 cloves garlic
- ¼ cup parsley
- ¼ teaspoon sea salt
- 3-4 tablespoons olive oil

Heat a dry skillet to medium. Add pumpkin seeds and keep them moving with a wooden spoon. After a few minutes they will begin to pop, puff up, and give off a nutty aroma. Remove from heat.

Place toasted seeds with all other ingredients in a food processor and pulse a few times until you have a coarse mixture. The toasted seeds, garlic, and parsley can also be finely chopped by hand.