

FOUR Spaghetti Squash Soup

Tools: Stainless Steel Pot

Yields: 5L

Calories: 188 per serving

Ingredients

6-7 lb	Spaghetti Squash
150 mL	Extra Virgin Olive Oil
½ teaspoon	Ground Cinnamon
½ teaspoon	Allspice
½ teaspoon	Nutmeg
2 ½ cups	Spanish Onions
½ teaspoon	Tumeric Spice
¾ teaspoon	Fenugreek Seeds
1 packet	Ground Peppermint Tea
2	Cinnamon Sticks
285 mL	All Purpose Flour
3 L	Vegetable Stock
1.89 L	Lemon Juice
2 tablespoons	Sugar
to taste	Salt

Method

Squash

- 1) Preheat oven to 350 F.
- 2) Cut the spaghetti squash in half and sprinkle the cut side with 15ml of the olive oil, the cinnamon, allspice and nutmeg.
- 3) Cut sides down on parchment and roast for 30 minutes.
- 4) When the squash is cool enough to handle, begin to shred and pull with a fork until there are long strands.

Broth

- 5) For the broth, put the rest of the olive oil in an adequate sized pot.
- 6) Slice the onions and over medium heat, sweat them until they are soft with no color.
- 7) Add in the ground tumeric, fenugreek, ground peppermint tea and cinnamon sticks. Cook for 5 minutes.
- 8) Add the flour and mix with a whisk to get out all the lumps, cooking 3-4 minutes.
- 9) Gradually add the stock, while constantly whisking to ensure no lumps.
- 10) Bring to a boil and simmer for 20 minutes.
- 11) Add in the “pulled” squash, lemon juice and sugar.

12) Salt to taste and enjoy!