




## Sunshine Soup

From: **A Fresh Crunch in School Lunch: The BC Farm to School Guide, 2nd Edition**

 Yield: 15 L (48 servings)

 Serving Size: 10 oz. bowls

### Ingredients

- 2 large butternut squash
- 4 onions, chopped
- 4" piece of fresh ginger, peeled and grated
- 4 cloves garlic, peeled and chopped
- 80 ml olive oil
- 1 cinnamon stick
- 4 bay leaves
- salt & pepper to taste
- 2.3 kg (5 lb) carrots, peeled and cut into ½" pieces
- 6 L vegetable stock or mix of vegetable stock and water

### Method

#### Step 1

Preheat oven to 350°F. Cut squash in half from end to end, scrape out seeds and place cut side down on parchment-lined baking sheet. Roast for about an hour, or until tender. When cool enough to handle, scrape flesh away from skin and set aside.

#### Step 2

Meanwhile, put enough olive oil to cover the bottom of a 20 quart stock pot. Add onions, garlic and ginger. Cook until the onion starts to colour. Add chopped carrots, cinnamon stick and the bay leaves. Add stock/water to cover by about 4". Bring to a boil, then simmer until carrots are almost tender – about 30 minutes.

#### Step 3

Add the reserved squash to the pot and cook for 15 minutes more. Remove bay leaves and cinnamon stick. Puree the soup with an immersion blender until velvety smooth. Add more liquid if necessary.

### HACCP

- Cook: soup until internal temperature reaches 74° C for a minimum of 15 sec.
- Cooling: cooling wand or cold water bat & fridge: from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.