Crookneck Squash Soup

Amount 6 servings
Time 30 min plus refrigeration time

Ingredients

- 2 tbsp butter or margarine
- 1 small onion, chopped
- 1 clove garlic, minced or pressed
- 4 cups thinly sliced crookneck squash
- 3 cups chicken stock or regular-strength canned chicken broth
- 2 tbsp finely minced or freeze-dried chives
- 1/4 tsp white pepper
- 1/4 – 2/3 cup milk
- salt to taste
- roasted sunflower seeds as garnish

Steps

1. In a 3-4 quart pan, melt butter over medium heat.
2. Add onion and garlic and cook, stirring occasionally, until onion is soft (about 10 minutes).
3. Add squash and stock. Bring to a boil over high heat.
4. Reduce heat, cover, and simmer until squash is tender (about 5 minutes).
5. Whirl squash mixture, a portion at a time, in a food processor or blender until smooth.
6. . Stir in chives, pepper, and enough milk to achieve desired consistency.
7. Season to taste with salt.
8. Cover and refrigerate until well chilled.
9. Serve cold; sprinkle sunflower seeds over individual servings.

Notes

Can use a different kind of squash.