

ONE BITE

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Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



VEGAN BUTTERNUT SQUASH SOUP

with Corn

By Jenn Sebestyen

PREP TIME:

10 mins

COOK TIME:

25 mins

TOTAL TIME:

35 mins

SERVINGS:

4

INGREDIENTS

- 1 tbsp extra virgin olive oil (or ¼ cup veggie broth)
- 1 sweet onion (diced)
- 1 small butternut squash (peeled and chopped) (about 4 cups)
- 16 oz bag of organic frozen corn (or 2 cups fresh corn kernels)
- 2 red potatoes (peeled and diced) (about 2 cups)
- 4 cups vegetable stock
- 1 tsp dried sage
- ½ tsp dried thyme
- 1 tsp Himalayan pink salt
- ⅛ tsp ground nutmeg
- ½ cup unsweetened non-dairy milk (I used almond. Cashew, lite coconut, or oat milk would all work as well)

INSTRUCTIONS

1. In large stockpot over medium high heat, sauté diced onion in olive oil (or ¼ cup vegetable broth) until translucent, about 4-5 minutes
2. Add diced squash, potatoes, corn, sage, thyme, and salt and sauté 2-3 minutes.
3. Add vegetable broth, stir, and increase heat to bring to a boil.
4. Once mixture comes to a boil, lower heat to medium-low and simmer uncovered for 20 minutes until squash and potatoes are tender.
5. Turn off heat. Add nutmeg and non-dairy milk.
6. Using an immersion blender, purée the soup until smooth. Alternately, you can carefully transfer the soup to a blender to purée. Or if you prefer a chunkier soup, you can purée just half or none at all.
7. Serve and Enjoy!



Jenn Sebestyen

Jenn is the creator of veggieinspired.com. After reading Alicia Silverstone's 'The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet' she was inspired to go vegan and learn more about plant-based diet. She aims to show others that a plant-based diet can be satisfying and simple, possibly inspiring others to do the same.

Website: www.veggieinspired.com

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