

Autumn Vegetable Soup

- 2 Tbs. olive oil
- 3 medium carrots, cut into medium dice
- 1 large yellow onion, cut into medium dice
- 2 medium cloves garlic, minced
- 2 cups 1/2-inch-cubed peeled butternut squash (about half a 2-lb. squash)
- 1/4 tsp. ground allspice
- Kosher salt
- 1 quart vegetable broth
- 4 sprigs fresh thyme
- 2 cups lightly packed, coarsely chopped kale
- 1 14 oz can chickpeas

Heat the oil in a large soup pot over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until they begin to soften, about 6 minutes. Add the garlic and cook for 1 minute more. Add the squash, allspice, and 1 tsp. salt and stir to combine. Add the broth and thyme. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes. Add the kale and the chickpeas and cook uncovered until the squash is tender and the kale has wilted, about 10 minutes more. Discard the thyme springs before serving. Season to taste with more salt and cayenne.

Sprinkle with freshly grated parmesan cheese and serve with toasted, crusty, whole grain bread.

Optional: add 1 cup chopped shitake mushrooms for an added immune boost.