

Carrboro FARMERS' MARKET

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YEAR ROUND *Celebrating 30 Seasons*

Sunshine Squash and Poblano Soup **Recipe Provided by Market Customer: Ben Horner**

Serves 6

Ingredients:

1/2 Sunshine Squash (looks like a wide compressed pumpkin)
1 onion chopped (yellow or white)
3 Poblano Peppers
1-2 Sweet Peppers (I used Anaheim for this recipe)
1 Cup Chicken stock or Vegetable Bouillon
Salt and Pepper to taste

Procedure:

Cut the sunshine squash in half, lengthwise across the belly of the squash. Put 1/2 in the fridge for later use. *You could use the whole squash if you wanted tons of soup, but I've found 1/2 is plenty.* Preheat the oven to 350 degrees. Remove the seeds and place it face down in a shallow dish with an inch of water in the pan and place in the oven for 30 minutes or until the squash is tender and soft. Let cool and scoop out the fleshy contents from the skin. Set aside. Roast all 3 poblano peppers and sweet peppers. There are different ways to roast, but I typically put them in a pan under the broiler. Their skin will begin to char. Rotate them so that they are evenly charred all around. Remove from oven, drop in a colander and rinse. The charred skin will peel off and leave the fleshy pepper inside. Cut peppers and remove the seeds. In a large soup pot, sauté the chopped onion in some olive oil. Add the chopped and roasted poblano and sweet peppers. Once the onions are clear, add the cooked sunshine squash with one cup of chicken or vegetable stock and 3 cups of water. Cook on medium heat for about 15 minutes. Blend using a hand-held blender if you have it, or you can pour it into a regular old blender. An electric mixer works fine too. Salt and pepper to taste. Enjoy! Like any soup, the second day is the best!

* I sautéed some green beans in butter and garlic and put them on top as a garnish.

***Ingredients Available at Market*