

# BUTTERNUT SQUASH AND TOFU SOUP

## INGREDIENTS

1 small butternut squash, diced  
2 teaspoons olive oil  
1/2 small onion chopped  
1 1/2 cups vegetable broth  
1/4 cup shelled hemp seeds  
1/2 tsp dried oregano  
Salt and pepper to taste → *Do not use pepper if you have ulcer or pain*  
1 package of soft tofu (Sunrise type) of 300 g

## PREPARATION

1. Preheat oven to 180°C (350°F).
2. Cut the squash in half. Remove seeds and filaments.
3. Place the squash halves on a baking sheet lined with parchment paper. Sprinkle with oil, salt, and pepper (*if tolerated*) Bake 40 minutes or until tender. When the squash is tender you can easily remove the flesh with a spoon.
4. In a large saucepan, heat the olive oil over medium heat. Brown the onion.
2. Add the vegetable broth, squash, hemp seeds and oregano. Salt and pepper. Bring to a boil, then simmer for 5 minutes over low heat.
3. Transfer mixture to a blender. Add the tofu and mix for 1 to 2 minutes.

Inspired by: [www.lesrecettesdecaty.com](http://www.lesrecettesdecaty.com)

[apainintheback.org](http://apainintheback.org)

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