

# Papa Vince Recipe

## Ingredients

**Prep Time: 10 minutes   Cook Time: 30 minutes   Serves: 6 persons**

- 1 Butternut Squash
- 1 Acorn Squash
- 1 large onion
- 4-6 cloves garlic
- Papa Vince Extra Virgin Olive Oil (EVOO)
- Papa Vince Sea Salt
- Black Pepper
- Fresh Parsley
- Red Pepper Flakes

## Directions

1. Peel and chop the squash.
2. Put in a saucepan and cover with water.
3. Add in chopped onion, sea salt and EVOO.
4. Bring to the boil and then simmer for 20 minutes or until squash is soft.
5. Blend the soup using a hand or a traditional blender. We separated the vegetables from the broth to make it easier to blend. You can add it back in later.
6. Add the raw garlic before you blend the soup.
7. Add in freshly ground black pepper, red pepper flakes (to taste) and fresh parsley.
8. Serve with a drizzle of EVOO to enhance the flavor of your soup.