

## **Summer Squash Soup (recipe adapted from Fatfree Vegan Kitchen)**

1 large onion, chopped  
1 small hot pepper, seeds removed and chopped  
2 lb potatoes, peeled and cut into small dice  
1 1/2 pounds (about 8) small yellow squash, chopped  
(or young zucchini)  
4 cups vegetable broth or water  
1 teaspoon oregano, finely minced  
1/2 teaspoon turmeric (optional)  
2 tablespoons nutritional yeast (optional)  
1 tablespoon tahini (optional)  
salt and white pepper, to taste (optional)



Garnish: slivers of red bell pepper

Heat a pot over medium-high heat. Add the onion, reduce the heat to medium, and cook, covered but stirring every minute or so, until it begins to brown, about 5 minutes (add a little water if it tends to stick). Add the hot pepper and cook for another minute.

Add all remaining ingredients except the optional ones. Cover and cook until the potatoes are completely tender (they will mash if lightly pressed with a spoon), about 25-40 minutes.

Remove half of the soup and put it into a blender\* and puree at high speed until completely smooth. (Be careful--hot liquids can erupt from your blender; I always remove the center cup from the lid and cover the opening with a kitchen towel.) Once it's blended, pour the soup into another pot. Add the remaining soup to the blender, along with any optional ingredients you choose to use, and blend well. Add to the other half of the soup, and simmer for about 5 minutes. Ladle into bowls, garnish with slices of red bell pepper, and serve.