Squash Soup w/ eco-friendly tips!

YUM!

A CELEBRATION OF GOOD FOOD!

Wed, Nov. 18, 2020 | 3 PM - 4 PM | (Zoom)

Led by UTM Dietician, Kimberly Green with the UTM Sustainability Office’s Green Team
SQUASH SOUP RECIPE

YIELDS: 4
PREP TIME: 0 HOURS 15 MINS
TOTAL TIME: 0 HOURS 40 MINS

INGREDIENTS

- 1 LARGE BUTTERNUT SQUASH, PEELED AND CUBED
  - (SEEDS REMOVED)
- 2 POTATOES, PEELED AND CHOPPED
- 45ML (3 TBSP). EXTRA-VIRGIN OLIVE OIL
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 15ML (1 TBSP). BUTTER
- 1 ONION, CHOPPED
- 1 STALK CELERY, THINLY SLICED
- 1 LARGE CARROT, CHOPPED
- 1 TBSP. FRESH THYME, PLUS MORE FOR GARNISH
- 1 L (1 QT.) LOW-SODIUM VEG BROTH

DIRECTIONS

1. PREHEAT OVEN TO 400°. ON A LARGE BAKING SHEET, TOSS BUTTERNUT SQUASH AND POTATOES WITH 2 TABLESPOONS OLIVE OIL AND SEASON GENEROUSLY WITH SALT AND PEPPER. ROAST UNTIL TENDER, 25 MINUTES.
2. MEANWHILE, IN A LARGE POT OVER MEDIUM HEAT, MELT BUTTER AND REMAINING TABLESPOON OLIVE OIL. ADD ONION, CELERY, AND CARROT AND COOK UNTIL SOFTENED, 7 TO 10 MINUTES. SEASON GENEROUSLY WITH SALT, PEPPER, AND THYME.
3. ADD ROASTED SQUASH AND POTATOES AND POUR OVER BROTH. SIMMER 10 MINUTES, THEN USING AN IMMERSION BLENDER, BLEND SOUP UNTIL CREAMY. (ALTERNATELY, CAREFULLY TRANSFER BATCHES OF THE HOT SOUP TO A BLENDER).
4. SERVE GARNISHED WITH THYME.
5. STORE IN FRIDGE FOR UP TO 5 DAYS.
6. IF YOU PREFER TO USE A SLOW COOKER, YOU COULD PUT THE RAW SQUASH AND POTATOES IN WITH THE OTHER INGREDIENTS AND COOK ON LOW FOR 6-8 HOURS OR HIGH FOR 2-3 HOURS. ONCE THE SQUASH IS TENDER, BLEND WITH YOUR IMMERSION BLENDER AND SERVE!

BY KIMBERLY GREEN, UTM DIETITIAN
Plant based meals are the most sustainable meals you can make! Today’s recipe is squash soup and we have substituted chicken broth for veggie broth. Try to cut down on the amount of meat you eat each week → this can make a big difference in decreasing GHG emissions (from the food system - processing, feed, packaging, waste) that is required to place the piece of chicken or beef or any type of meat on your plate.

1. **GO PLANT-BASED!**
   
   Plant based meals are the most sustainable meals you can make! Today’s recipe is squash soup and we have substituted chicken broth for veggie broth. Try to cut down on the amount of meat you eat each week → this can make a big difference in decreasing GHG emissions (from the food system - processing, feed, packaging, waste) that is required to place the piece of chicken or beef or any type of meat on your plate.

2. **COOK MULTIPLE MEALS AT ONCE**

   Cook multiple meals at once (or double the recipe and store it for later). If you’re using the stove, cook more than one meal e.g. if you are cooking something in the oven, place another recipe to use the same amount of heat for two recipes instead of one.

   Pro-tip: Roast the seeds mixed in with salt, pepper & olive oil while you roast the squash for the recipe.
You can make fresh homemade veggie broth for future soups & recipes with all the vegetable peels before you throw them into the compost to get the most bang for your buck, for the planet and for your wallet. Collect all your veggie scraps and place it in a wide deep soup pot. Add a generous amount of salt and pepper, add water to cover the scraps and let it boil until you see the flavours have diffused into the water. Make sure to freeze the broth in a freezer-safe container and don't forget to write the date of when you made it.

ECO-COOKING TIPS!

DON'T FORGET ABOUT ME - USE THE SCRAPS!
Roast the squash seeds while you roast the squash in the oven for the soup! Add salt and pepper and some oil to the seeds. Mix it up and spread on a parchment lined cookie sheet or to be extra eco-friendly you can line it with a silicone baking mat. You will need to take them out before since they roast faster than the squash. They are a good source of protein and fiber. Bonus tip: grow them during the growing season in the backyard or community garden!
Try to buy local & in season whenever you can! Buying local food & in season food can decrease food miles which is basically the amount of emissions that are used to ship food from one place to another via train, plane, truck, and so on. You can also support local farmers and businesses this way as well.

**ECO-COOKING TIPS!**

5. **BUY LOCAL AND IN SEASON!**

Try to buy local & in season whenever you can! Buying local food & in season food can decrease food miles which is basically the amount of emissions that are used to ship food from one place to another via train, plane, truck, and so on. You can also support local farmers and businesses this way as well.

6. **COMPOST SCRAPS**

Properly dispose of wastes! Remnants of fruit or vegetables (organic materials like squash) should go into the compost (after you’ve prepared the broth). Compost: make fertilizer for your soil at home and also improve soil structure. Watch vermicompost tutorial on UTM Sustainability Office’s instapage & Shazeen Karim’s instablog rokkha. Plastics go in recycling (although double check if the product is recyclable in your area).
Pay attention to plastic packaging (not too much in this recipe but...), try to get materials that use the least plastic possible. A lot of plastics are single use and often end up in the landfill if they aren’t recycled properly.
8. **Look Around Yo' House**

Also buy less. Look around your house to make sure you have the ingredients before going to the store to buy more. Also, sometimes extras, like garnishes are unnecessary in meals.
ECO-COOKING TIPS!

9. B.Y.O GROCERY BAGS & PRODUCE BAGS!

Don’t forget your resuable grocery & produce bags.
Pro-tip: Before the day of your grocery shopping, if you are taking the car, keep them in the trunk or fold them in your glove compartment so you won’t forget. If you are biking, fold them in your backpack or place them in your bike caddy. If you are walking, stash them in your backpack. Always keep them handy in your mode of transport so you are less likely to forget them. This habit will reduce the use of and reliance on plastic grocery bags. And remember, if the store allows for a digital receipt opt for it!

Using reusable bags can play a major role in limiting the amount of plastic that enters our system - and stop the consequences of plastic bags which enter waterways, release harmful chemicals into ecosystems affecting the soil and animals. They don’t break down in traditional landfills and if they are in the wild environment take hundred of years to break down resulting in microplastics. Ending up in landfills.
ECO-COOKING TIPS!

Conserve energy while you cook!

10. Conserve energy while cooking! Use electrical kettle, pressure cooker, toaster oven, slow cooker instead of the stove. If you are using the stove, keep the lid of your pot so that heat does not escape, and you use less energy (by placing it on lower temperature instead of higher temperature).

Cook multiple meals at once (or make more of the one meal and store it for later). If you’re using the stove, cook more than one meal e.g. if you are cooking something in the oven, place another recipe to use the same amount of heat for two recipes instead of one. Use smaller appliances when cooking small quantities of food e.g. regular blender vs immersion blender.
Eco-cooking tips!

11.

Use glass containers to store food.

After cooking, use glass containers (or mason jars), not plastic to store the meal (soup in this case). When cleaning, decrease the amount of paper towels used and instead use a wet cloth towel instead to scrub appliances and counters.
SOME SUGGESTIONS

IF YOU WANT TO BUY A READY-MADE BROTH, PURCHASE A GLASS JAR OF CONCENTRATE INSTEAD OF A TETRA BOX MADE OUT OF CARDBOARD (CAN RE USE THE GLASS JAR TO PLACE OTHER INGREDIENTS IN IT AFTERWARDS WHEN IT’S CLEARED OUT). THIS IS A VEGETARIAN-BASED BOUILLON CONCENTRATED PASTE THAT COMES IN A GLASS JAR.

TRY TO BUY PRODUCE IN THE LEAST AMOUNT OF PACKAGING AS POSSIBLE. AVOIDING PLASTIC IS BEST. REMEMBER, MAKE THE BEST POSSIBLE ENVIRONMENTALLY FRIENDLY CHOICE WITHIN YOUR BUDGET.

YOU CANNOT DO ALL THE GOOD THE WORLD NEEDS BUT THE WORLD NEEDS ALL THE GOOD THAT YOU CAN DO
Brought to you by HCC x UTM Sustainability Office

Recipe by Kimberly Green, UTM Dietician
Eco-tips by Diljot Badsha & Shazeen Karim
Graphics & PDF by Shazeen Karim

https://www.utm.utoronto.ca/health/
UTMHCCWellness hosts weekly activities as part of wellness
AT HOME HCC Services Open, My SSP

https://www.utm.utoronto.ca/green/sustainability-office
Facebook: UTM Sustainability Office

@UTMHCCWellness
@SustainableUTM