



# FarmFresh

## Recipes

November 2014

### Available Now...

#### Squash

There are many varieties of winter squash including acorn, banana, buttercup, butternut, golden nugget, spaghetti, sweet dumpling and turban.



#### Tips & Nutrition

Winter squash is nutritious, providing vitamins A and C, potassium and fiber. When choosing a squash, select one that has a hard tough rind and that is heavy for its size.



### Fresh Inspirations...

#### Hearty Turkey and Squash Stew

##### Ingredients

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1/4 Cup Olive Oil                    | 2 Tbsp. Garlic, chopped         |
| 6 Celery Ribs with Leaves, diced     | 3 Bay Leaves, broken in half    |
| 2 Carrots, diced                     | 2 Tsp. Italian Herbs            |
| 1 Small Red Onion, diced             | 3 Cups Turkey, cooked and diced |
| 1 Butternut Squash, cooked and diced | 24 oz. Tomato Puree             |
| 1 Acorn Squash, cooked and diced     | 96 fl. oz. Chicken Broth        |
| 1 Red Bell Pepper, diced             | 1/4 Cup Chicken Base            |
| 1 Green Bell Pepper, diced           | Sea Salt To Taste               |
| 3 Yukon Gold Potatoes, diced         | White Pepper To Taste           |

##### Directions

Prior to making the soup, cook both squashes by roasting until fork tender, removing all seeds and cooling completely before dicing. Heat a sauté pan and add the olive oil then bring oil up to temperature. Sauté the carrots, celery, onions and peppers until lightly browned. Add the cooked squash, garlic and potatoes and sauté for about five minutes. Add the herbs, turkey and tomato puree then add the chicken broth and chicken base. Bring to a boil and reduce to a simmer. Simmer for about 30 minutes or until potatoes are fork tender. Serve over leftover stuffing.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Pork