



nAMI Walks

YOUR WAY

Foodie Friday



Butternut Squash Soup

When the weather starts getting cooler, a delicious, hot bowl of soup sounds like the perfect solution to warm you up. And butternut squash is a good vegetable to welcome in the fall!

Here's a good basic recipe to start with for butternut squash soup. It's also an easy recipe to tweak - try roasting the squash with garlic or add apples. Enjoy!

1 ½ tbsp butter	4 cups chicken stock
½ onion, sliced	½ cup chicken bouillon
2 cloves garlic	1 pinch ground cumin
2 sprigs fresh thyme	1 pinch ground allspice
½ butternut squash peeled, seeded, in 1 inch cubes	Salt/pepper to taste

Directions: Melt butter in large pot over medium heat; cook onion, garlic and thyme in the butter until onion has softened, about 5 minutes. Add squash and chicken stock; bring to a simmer and cook until squash is tender, 10-15 minutes. Crumble the bouillon into the soup; season with cumin, allspice, salt and pepper; remove from heat.

Pour soup into a blender, filling the pitcher no more than half-way. Hold the lid of the blender in place with a towel and carefully start the blender using a few quick pulses to get the soup moving before setting it to puree. Puree in batches until smooth.

(recipe from allrecipes.com)

NAMI Vermont Minute:

NAMI Vermont's fall and winter are always filled with lots of activities! One cold weather event that is always invigorating is our annual Mental Health Advocacy Day. Usually held at the State House in Montpelier, hundreds of advocates come together to share stories, offer testimonies, and call on our Vermont leaders and legislators to "Support Your Community ~ Invest in Mental Health!" In 2021, we held it virtually with much success. To read about the event, visit <https://namivt.org/advocacy/advocacy-day/>. And keep checking back for updated information about our next Advocacy Day in 2022!