

**Kansas State's Indigenous Peoples Day 2021**  
**Recipes from Native Chef Jason Champagne, MPH (Red Lake Band of Chippewa)**  
**Chef/Owner of Native Chef, LLC**

**Butternut Squash Soup** (8 servings)

*Ingredients:*

- 2 tablespoons olive oil
- 1 ½ cups yellow onion, diced
- 1 tablespoon fresh ginger, finely minced
- 2 teaspoons turmeric
- 2 teaspoons ground cumin
- 1 each butternut squash, small to medium size, peeled, seeded, cut into 1-inch cubes (about 5 cups)
- ½ cup water
- 4 ½ cups vegetable broth (or chicken stock)
- ½ teaspoon ground cinnamon
- 1 (12-ounce) can evaporated skim milk
- 2 teaspoons lime juice, fresh
- 1 teaspoon sea salt
- ¼ cup parsley mint drizzle

*Directions:*

- Heat olive oil in soup pot over medium heat. Add onion and ginger, cook for 1 minute. Add turmeric and cumin; cook for 2-3 minutes. Add squash, sauté for 1 minute. Pour ½ cup water to deglaze pot. Cook until liquid is reduced by half. Add remaining 4 cups broth and cinnamon. Increase heat to high, bring to boil. Decrease heat to low, stir in evaporate milk. Cover, simmer until squash is tender, about 13-15 minutes.
- Stir in lime juice. In batches, transfer soup to blender, process until very smooth, adding additional broth or water for thinner consistency if you like. Return soup to pot, cook over low heat until heated through, stir in salt. Serve in bowls, garnish with parsley mint drizzle.

**Parsley Mint Drizzle** (makes ½ cup)

*Ingredients:*

- 1 ¼ cup parsley, mostly leaves, tightly packed
- ¼ cup fresh mint leaves
- 2 tablespoons lemon juice, fresh
- ¼ teaspoon sea salt
- 1 teaspoon maple syrup
- ¼ cup olive oil

*Directions:*

- In a food processor, add all ingredients. Process until well blended. For a thinner consistency, add 1 tablespoon water, briefly process again.