

“No Soup for You”

Nutrition Notes by Natalie

Fall is in full swing as I sit in my office listening to Frank Sinatra on the radio. There is something about this time of year that inspires me to turn back in time. My grandmother loved this type of music and when I moved in with her shortly after my grandfather passed you could say I acquired a taste for it as well. The sounds of Turner Classic Movies or The Rat Pack just felt like home. Now, I listen to this kind of music when I am cooking, during the holiday season, and whenever I am missing my grandma. In fact, when my teenagers were little, a perfect day was going to the Nugget Market in El Dorado Hills early on a Sunday morning, ordering a warm beverage at their coffee bar, and doing my grocery shopping because they always played a lovely 40's blend. My kids used to make fun of my “old soul” style of music, but now I catch my daughter listening to it in her room late at night when she wants to relax. Maybe there is hope for this generation after all. ☺

I love this season when the weather cools down, the days get shorter, and the air smells crisp and fresh. I call this “soup weather.” Did anyone ever watch the television series Seinfeld? If so, do you remember the episode about the infamous soup chef that would often refuse to serve customers if they did not follow a regimented system of soup ordering!? He reserved the right to refuse to serve soup to anyone. His catch phrase was “No Soup for You.” Well, here at Senior Nutrition we are not quite so blunt, but you may want to dust off your crockpot this year because for those of you that look forward to our soups that typically start to appear on the menu this time of year, you might be a little disappointed. We have had to take soups off the menu temporarily until we return to in-person dining. ☹ This is in part due to the large quantity of to-go meals our staff must assemble each day. Our trays have compartments and although thicker items like chili and stew stay in place during transit, the thinner consistency of soup does not.

On the bright side, we have been working diligently to offer new and improved entrée selections to our regular monthly menus as a peace offering. ☺ Items like teriyaki rice bowls, Philly cheesesteak sandwiches, and juicy tri tip just to name a few. We take great pleasure in serving this community fresh, tasty meals. Although I know some of you will really miss the soups, here's a quick and simple recipe for you to try at home.

Butter Nut Squash Soup

1 large butternut squash, cut and cubed

1 large Fuji apple, peeled and cubed

½ yellow onion, diced

1 or 2 cloves of garlic, minced

3 cups of vegetable broth

1 ½ tsp pumpkin pie spice

1 tsp ground ginger

2 T olive oil

Sauté onion and butternut squash in olive oil until golden brown, about 7-8 minutes. Add garlic and apple stirring until everything takes on a rich spotty caramel color. Add spices and broth and simmer until squash is tender or about 10 minutes. Blend in a blender or with a stick immersion blender until smooth. Serve with dried apples, pumpkin seeds, or a dollop of Greek yogurt.

Of note, if you are anything like me, and want to skip the stovetop, you can always toss everything in a crockpot and turn it on low for the day. Just blend it up and add in the garnishes at the end.

Still feeling blue about no soup for you? Just remember, we always have soups available to pre-order as an alternate entrée item. Clam Chowder, lentil, and split pea to name a few. And don't worry, there WILL be soup for you again real soon. If I don't see you before the holiday, Happy Thanksgiving!

Natalie's email: foodrdnatalie@gmail.com