**Vanessa's Frou Frou Squash Soup**

Ingredients:

* **Olive oil**, enough to coat the bottom of a large pot
* 1 TBSP unsalted **butter**
* 2 large **onions**, rough chopped
* 2 cups unsalted **cashews**
* 2 TBSP **thyme**
* 2 TBSP **za’atar**
* 4 cups **chicken broth**
* 4 cups **vegetable broth**
* 3 lbs. **squash** (or **squash/zucchini** combo), rough chopped
* 1 tsp **chili** pepper
* 1 **bay leaf**
* 1 cup **nutritional yeast**
* ½ cup store-bought **hummus** *(if homemade, mix fresh lemon juice, raw tahini, minced garlic, cumin, salt, and pepper with softened chick peas per recipe on this website)*
* ½ cup store-bought **baba ganoush** *(if homemade, mix fresh lemon juice, raw tahini, olive oil, and minced garlic with salted, blackened eggplant whose skin was half on/half off at cook time per recipe on this website*)
* 3 capfuls apple cider **vinegar**
* **Salt**
* **Pepper**
* 3 cups raw **Israeli couscous** (aka **ptitim**)

Instructions:

* In a large pot, combine **olive oil**, **butter**, **onions**, and **cashews**.
* Turn on a medium-high or high flame and sauté the mixture, stirring occasionally.
* When the onions have become translucent, add the **thyme** and **za'atar**, and continue to sauté 3 more minutes.
* Add **chicken** **broth**, **veggie broth**, **squash/zucchini**, **chili** pepper, and **bay leaf**.
* Simmer for 30 minutes. Then remove and save the bay leaf for later.
**Tip:** If you like spicy foods, now’s a good time to taste the soup and see how your particular chili pepper developed. If not hot enough, now’s the time to add a bit more chili pepper.
* Carefully dip an immersion blender into the simmering pot and blend to make smooth.
* Add **nutritional yeast**, **hummus**, **baba ganoush**, and **vinegar**.
* **Salt** and **pepper** to taste. Then blend again.
* Re-add **bay leaf** and simmer another 10 minutes.
* Add **Israeli couscous** and simmer until couscous has reached the desired texture/softness – or another 10-15 minutes.
* Remove bay leaf.

Serve hot.