

SQUASH SOUP FROM SAGADA PHILIPPINES

Matrix Code CB102 for StartOver.xyz (revised 30 August 2016 by Clinton Callahan)

Serves 6 as a main dish

"I ate this delicious soup at a village guest house in a secluded tropical town called Sagada in the Northern Philippines in 1982. If you can ever make the chance you should visit there. They bury their dead in hollowed out logs stacked ten-high in limestone caves or hanging from cliffs... I stole the soup recipe immediately, of course, and have prepared it dozens of times for satisfied guests. The amazing thing about this recipe is that it has just 7 ingredients, including water. Enjoy!"



HOW TO MAKE SAGADA SQUASH SOUP:

1. Water: fill a soup pot 1/3 full with water (2 liters)
2. Onions: 2 chopped onions (raw, not sautéed)
3. Squash: 200g per person chopped in 2cm cubes (Curcubita Maxima winter squash are best, such as: Hokkaido, Hubbard, or Banana. If Hokkaido you can leave the peels on.)
4. Tomatoes: garden fresh, stems removed, chopped in 2cm cubes. (Cherry tomatoes are especially nice in this soup, cut in half.)
5. Salt lightly.
6. White Beans: big white cooked runner beans. These could either be fresh white runner beans from your garden, or large runner beans from a can (without the juice), or large dried white runner beans that you have soaked overnight, rinsed, and then boiled for a couple of hours until soft.
7. Cayenne pepper: Just a pinch.

Cook until veggies are tender or until you are too hungry to wait any longer.

HOW TO SERVE SAGADA SQUASH SOUP:

In a bowl. With a spoon, if desired. Good luck.