Most squash, including the butternut squash used in this recipe, are a good source of Vitamin A (healthy eyes, healthy growth) and dietary fiber (healthy guts).

Kale is a nutrition superstar! It’s a good source of Vitamin A, folate (healthy cells), iron (healthy blood), and dietary fiber.

Canned beans are equal in nutrition to dried beans. Both types of beans are generally good sources of dietary fiber, protein (healthy hair, nails, skin and muscles) and B Vitamins (healthy cells).

Small amounts of vinegar can support our stomachs to produce gastric acid (which breaks down food)
When slicing or mincing garlic, allow it to rest for at least 10 minutes before adding to heat. This will allow you to preserve the antibacterial properties of the vegetable.

Make sure to rinse your canned beans thoroughly to remove excess sodium (salt) from the canning liquid.

If you'd like to try making your own homemade stock, reserve and freeze the skins from your onions and garlic, and your vegetable trimmings in a freezer-safe bag. Use for stock within three months.
**Garnish**: edible items added to a dish that provide added flavor or are used to decorate the dish.

**Mirepoix**: a French term for a combination of 1 part carrots, 1 part celery, and 2 parts onion. It is used for flavoring soups or as the base for braised meats, poultry and fish.

**Translucent**: when referring to cooking onions, sweating or sautéing until tender and somewhat see-through.

**Simmer**: to cook in liquid that is heated until small bubbles form throughout the mixture and rise to the surface and break at the top.

**Aromatics**: vegetables and herbs that add both flavor and aroma to a dish.
Thyme: has antibacterial and antiseptic properties, can support reducing inflammation.

Bay leaf: beneficial for stomach and intestinal health.

Parsley: contains Vitamin A (antioxidant, healthy eyes), Vitamin K (healthy bones and heart), and can support gastrointestinal health.

Alliums: vegetables in this family, particularly onions and garlic, contain antibacterial and antiviral properties.

Vinegar "with the mother": vinegar that contains bacteria used in the production of vinegar. This bacteria is a source of probiotics, which promote gut health.
Today's episode is focused on preparing a delicious Harvest Squash Soup with White Beans and Kale. This simple to prepare soup can help support our immunity as we transition through the seasons.

Be prepared to take a picture or a screenshot of the recipe at the end of the episode!