

Easy Squash Soup

1 medium winter squash, peeled, seeded, and cubed
1 medium onion chopped
 $\frac{1}{2}$ to 1 tablespoon minced ginger
24oz apple sauce

Saute onion until translucent. Combine all ingredients in crockpot. Cook for 6 hours until soft. Puree. Serve with a dallop of sour cream and a grate of fresh ginger.