

# Butternut Squash Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ½ cup

| Ingredients                          | Quantity | Measure |
|--------------------------------------|----------|---------|
| Olive Oil                            | 1        | Tbsp.   |
| Butternut Squash                     | 1        | each    |
| Water                                | ½        | cup     |
| Vegetable Broth, Low-Sodium, divided | 3        | cups    |
| Garlic, minced                       | 2        | Tbsp.   |
| Onion, Yellow, diced                 | ½        | cup     |
| Ginger, Fresh, peeled and minced     | 1        | Tbsp.   |
| White Pepper                         | ½        | tsp.    |

## Preparation

1. Rub the olive oil onto butternut squash. Place squash in hotel pan with ½ cup water and roast for 15 minutes on each side at 375 degrees Fahrenheit. Remove from heat, allow to cool to touch, and peel. Cut into medium pieces. Set aside.
2. Put 1 tablespoon of vegetable broth in a pot. Add garlic, onions, ginger, and pepper. Sauté for 4-5 minutes on medium- high heat.
3. Add squash and the rest of the vegetable broth. Cook until tender.
4. Purée squash as needed to achieve desired soup consistency.

## Serving Information/Notes

Serve 4 ounces topped with fresh croutons. Fresh Sweet Potato or Banana Squash may be used instead of Butternut Squash.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 42 Total Fat: 1.2g Saturated Fat: 0g Monounsaturated Fat: .82g Polyunsaturated Fat: .14g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 7g Fiber: 1.4g Total Sugars: 1.6g Protein: .6g Sodium: 329mg Vitamin A: 248µg Vitamin C: 10.5mg Calcium: 31mg Iron: .7mg Folate: 14µg