

Butternut Squash Soup

Number of servings: 4
 Preparation time: 10 minutes
 Total time: 1 hour and 10 minutes

Ingredients:

2 tablespoons canola oil
 1 butternut squash, peeled, seeded, and cubed
 2 potatoes, cubed
 1 onion, chopped
 1 celery stalk, chopped
 1 carrot, chopped
 4 cups water
 4 low-sodium chicken bouillon cubes
 ¼ teaspoon ground black pepper

Equipment Needed:

Blender
 Cutting board
 Knife
 Measuring cups
 Measuring spoons
 Mixing spoon
 Stockpot



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Nutrition Facts

Serving Size 1 serving (569.65g)
 Servings Per Container 4

Amount Per Serving

Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 5g	
Vitamin A 330%	Vitamin C 90%
Calcium 15%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions

- Melt the butter in a large stockpot and cook the squash, potatoes, onion, celery, and carrot for 5 minutes or until lightly browned. Combine the bouillon cubes and water to make the broth. Pour in enough of the broth to cover the vegetables. Bring to a boil. Reduce the heat to low, cover the pot, and allow to simmer for 40 minutes or until vegetables are tender.
- Transfer the soup to a blender and blend until smooth. Return to the stockpot and mix in any remaining broth to reach desired consistency.
- Season with pepper. Refrigerate leftovers within 2 hours of preparation.

DID YOU KNOW?

A butternut squash has 39% of the daily recommended value of Vitamin C.

Always wash vegetables before cutting.

(Recipe adapted from <http://allrecipes.com>.)

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