

Creamy Butternut Squash Soup

8 servings

Butternut Squash is a good source of Vitamin A, which promotes eye health and cell growth.

- 1 Tablespoon vegetable oil
 - 1 medium onion, scrubbed with clean vegetable brush under running water, chopped
 - 1 garlic clove, minced
 - 1 medium butternut squash, scrubbed with a clean vegetable brush under running water, peeled and chopped*
 - 4 cups vegetable or chicken broth, low sodium
 - 1/2 cup fat-free milk (optional)
 - A pinch of nutmeg (optional)
 - Salt and pepper to taste (optional)
 - 1 Tablespoon pepitas (optional)
1. Wash hands with soap and water.
 2. In a medium saucepan, heat oil.
 3. Add onion and garlic. Cook for 2 minutes or until tender.
 4. Stir in squash and broth. Cover, reduce heat, and simmer for 20 minutes, stirring occasionally.
 5. For a smooth soup, allow to cool slightly, move contents to a blender and blend until desired consistency. Return to the saucepan and heat to simmer.
 6. Add milk, nutmeg, salt, and pepper, if desired. Garnish with pepitas and enjoy!
 7. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes

*The smaller you chop the squash, the faster it will cook.

For easier peeling, wash the squash and pierce the skin by poking 15-20 holes with a fork. Microwave for 2-3 minutes to soften the skin. Let cool before peeling.

Nutrition Information per Serving (1/8 of recipe): Calories 70, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 70mg, Total Carbohydrates 12g, Fiber 3g, Total Sugars 2g, includes 0g Added Sugars, Protein 2g, Vitamin A 65%, Vitamin C 8%, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%.