



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.

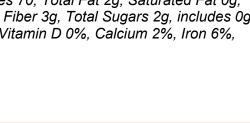
Notes

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*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%.



This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.









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