

Butternut Squash Soup



Ready in **90 min**

Serves **8 ppl**

250 calories Total per serving

Ingredients

- 2 **Butternut Squash**
- 1 **Sweet Potato**
- 2 **Shallots**
- 1 head of **Garlic**
- 1 can of **Lite Coconut Milk**
- 32 oz **Low-Sodium Vegetable Broth**
- 2 TBSP **Olive Oil**
- **2 tsp Salt**
- **1 tsp Black Pepper**
- **½ tsp Nutmeg**
- **¼ tsp Ginger**
- **¼ tsp Cinnamon**
- **½ tsp Thyme**
- **¼ tsp Sage**
- **1 tsp Curry Powder**

Preparation

1. Carefully cut your butternut squash lengthwise in half, scoop out the seeds, and place on a lined baking sheet with your sweet potato. * Bake at 375F for about 1 hour until tender.
2. Add 2 TBSP Olive Oil to a deep soup/stock pot and add 2 finely chopped shallots. Let sweat until they become slightly translucent. Chop your head of garlic (about 10 cloves) and add to pot along with all the spices.
3. Once shallot and garlic are cooked and spices are toasted, add coconut milk



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and make sure to get any stuck bits off the bottom of the pot.

4. Add contents of your pot to a blender and blend until smooth. Add back to the pot and bring to a simmer.
5. Once finished baking. Add roasted butternut squash and sweet potato in pieces to your blender with vegetable broth in increments according to the size of your blender. Then, add your blended squash mixture to the pot and stir over medium heat.
6. Once everything is blended,⁺ bring to a simmer and serve!

Tips

- *No need to peel any of these now. Once finished baking and cooling slightly, the skins will peel off easily.
- ⁺For a completely smooth soup, blend everything evenly. For some chunks in the soup, add some small pieces directly to the pot without adding to the blender.
- Optionally, roast some pepitas with spices included in the soup and a spritz of oil in a shallow frying pan to garnish your soup!
- This recipe has no added sugar but does have 11.8 g of natural sugars from the butternut squash, sweet potatoes, and shallots.
- Fiber! With 13.5 g of fiber per serving, this soup has half of your daily recommended fiber intake!
- This soup is delicious on its own, however, only has about 5 g of protein per serving. So, serve with a

high protein salad or other source of protein to round out this meal.

Budget

\$15.29 Total

\$1.91 Total per Serving

All items are SNAP eligible

Nutrition

0.5 Lean Protein

0 Whole Grain

3 Vegetables, Starchy

0 Fruit

0 Dairy

Butternut Squash Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	249.5 kcal	12 %
Total Fat	6.4 g	10 %
Saturated Fat	2.5 g	12 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	920.7 mg	38 %
Total Carbohydrate	49.9 g	17 %
Dietary Fiber	13.5 g	54 %
Sugars	11.8 g	
Protein	4.6 g	9 %
Vitamin A	879 %	Vitamin C 105 %
Calcium	19 %	Iron 17 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

Storage

Soup will last in Fridge **3-4 days**

Soup will last in Freezer **3 months**



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