

BUTTERNUT SQUASH SOUP

8 servings
Vegan, Gluten free

Ingredients

- One butternut squash *
- 2 cloves garlic, minced
- 1 small onion
- Water
- Olive oil
- Salt and pepper, to taste
- Flavored olive oil (lemon, garlic, etc.), optional
- Sea salt, for garnish, optional

* This recipe can also be used for carrot-ginger soup (6-8 large carrots, fresh grated ginger to taste), or pumpkin soup (1 small pumpkin).

Instructions

1. Peel and cube butternut squash. Dice onions. Mince garlic and ginger.
2. In heavy pot or Dutch oven, heat two tablespoons olive oil.
3. Add onions to pot, and cook until translucent, about 4 minutes.
4. Add garlic and squash to pot, cover, and reduce heat to medium-low. Stir occasionally to prevent sticking.
5. When vegetables are fork-soft, add water to cover half-way. *
6. Remove pot from heat, and blend with an immersion blender until smooth. Add salt and pepper to taste.
7. Ladle soup into bowls. Drizzle a little bit of flavored oil, and sprinkle with sea salt

Affordability – Cost of Meal

1 four-ounce serving: \$.58
8 four-ounce servings: \$4.65

* If you don't have an immersion blender, use a potato masher for fork *before* adding water. Make the squash as smooth as possible, and then add water to finish.

Routed Nutritional Nugget

Butternut Squash is a great source of Fiber and Beta-Carotene. High in cancer fighting antioxidants and great for bone health, eye health and supporting a healthy immune function!

