Butternut Squash Soup

Butternut squash is a local winter squash that comes into season in early fall and is available throughout the winter! Squash is an excellent source of vitamins A and C, potassium, magnesium, manganese, and fibre. Use a low-sodium vegetable broth in this simple and delicious homemade soup recipe.

Prep: 25 minutes • Total: 45 minutes

Ingredients:

Olive oil	1 Tbsp	15 mL
Onion, chopped	1 medium	1 medium
Ginger, peeled & chopped	2" piece	2" piece
Garlic, chopped	3 cloves	3 cloves
Butternut squash, peeled & chopped into ¾-inch cubes	1 medium	1 medium
Vegetable broth	4 cups	1000 mL

Directions:

1. Heat a large pot over medium heat. Add olive oil and onion. Cook onion until soft, about 3 minutes.
2. Add ginger, garlic, and squash; cook, stirring occasionally, until fragrant, about 6 - 8 minutes.
3. Stir in vegetable broth and bring to a boil; reduce heat and simmer until squash is tender, about 20 minutes.
4. Puree soup in two batches. When blending hot foods, remove the cap from the hole of the blenders lid and cover with a dish towel. This will allow heat to escape.

Nutrition Facts

Serving Size (324g)
Servings Per Container

Amount Per Serving

Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 2g	

Vitamin A 280% • Vitamin C 50%
Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *Martha Stewart Recipes*

Makes 6 servings • 1 serving = 1 ⅓ cups, 333 mL.

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