



A Nutrition Resource

WINTER SQUASH SOUP

Yield: 5 Servings | Serving Size: about 1 cup

Cost/serving: \$1.53

Ingredients:

- 2 teaspoons vegetable oil
- 2 cups sliced onions
- 2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced, or 1 (15-ounce) can sliced pears, drained, and chopped
- 2 cloves garlic, peeled and crushed
- 2 Tablespoons coarsely chopped, peeled fresh ginger or 1 teaspoon powdered ginger
- 1/2 teaspoon thyme
- 4 cups low sodium chicken or vegetable broth
- 1 cup water or more

Directions:

- 1) Heat oil in a large pot over medium heat.
- 2) Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
- 3) Add squash, pears, garlic, ginger, and thyme. Cook, stirring for 1 minute.
- 4) Add broth and water. Bring to a simmer. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
- 5) Puree soup, in batches, if necessary, in a blender. Return soup to pot and add water to reach desired consistency. Heat through.

Adapted from www.foodhero.org.

Nutrition Facts

5 servings per container

Serving size 1 cup (540g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 32g 12%

Dietary Fiber 8g 29%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 1mg 6%

Potassium 564mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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