Simple Winter Squash Soup

A great way to use sweet winter squashes, in a quick and easy soup. Serve as a starter or with whole grain bread and a salad for a toasty, well-rounded meal.

Serves 10

Ingredients

- 3 tablespoons olive oil
- 1 large winter squash, peeled and chopped into 1 inch cubes (butternut, delicata, sweet meat, etc.)
- 2 large carrots, peeled and chopped
- 2 small potatoes, peeled and chopped
- 1 medium onion, chopped
- 4 cups low-sodium vegetable broth
- ½ teaspoon celery seed
- 1½ teaspoons dried sage
- Salt and pepper to taste
- Water as needed

Directions

1. In a very large pot, add all ingredients and sauté for 20-30 minutes over medium heat, or until all vegetables are soft enough for a fork to easily pierce.
2. Puree cooked soup with a hand blender or in batches in a food processor until you reach desired consistency, adding water as needed.

Alternate Method: If time permits, instead of peeling and chopping the tough squash, you can cut it in half, remove seeds and lightly oil the cut side, then bake face down at 350 degrees for about 1 - 1½ hours. Cooked squash should pierce easily with a fork, and can be scooped out easily and added to your pot about halfway through cooking the other ingredients.

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 10

Amount Per Serving

Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 1g	

Vitamin A 220% • Vitamin C 25%

Calcium 4% • Iron 4%

*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

Please note: nutritional values are approximate.

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