

Creamy Butternut Squash Soup

8 servings



Ingredients

- 1 Tablespoon vegetable oil
- 1 medium onion, scrubbed with clean vegetable brush under running water, chopped
- 1 garlic clove, minced
- 1 medium butternut squash, scrubbed with a clean vegetable brush under running water, peeled and chopped
- 4 cups vegetable or chicken broth, low sodium
- ½ cup fat-free milk (optional)
- A pinch of nutmeg (optional)
- Salt and pepper to taste (optional)
- 1 Tablespoon pepitas (optional)

Nutrition Information: Serving Size (⅛ of recipe):
Calories 70, Total Fat 2g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 70mg, Total
Carbohydrates 12g, Fiber 3g, Total Sugars 2g,
includes 0g Added Sugars, Protein 2g, Vitamin D
0%, Calcium 2%, Iron 6%, Potassium 4%

Instructions

1. Wash hands with soap and water.
2. In a medium saucepan, heat oil.
3. Add onion and garlic. Cook for 2 minutes or until tender.
4. Stir in squash and broth. Cover, reduce heat, and simmer for 20 minutes, stirring occasionally.
5. For a smooth soup, allow to cool slightly, move contents to a blender and blend until desired consistency. Return to the saucepan and heat to simmer.
6. Add milk, nutmeg, salt, and pepper, if desired. Garnish with pepitas and enjoy!
7. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination.
Copyright ©2023



food.unl.edu

Creamy Butternut Squash Soup

8 servings



Ingredients

- 1 Tablespoon vegetable oil
- 1 medium onion, scrubbed with clean vegetable brush under running water, chopped
- 1 garlic clove, minced
- 1 medium butternut squash, scrubbed with a clean vegetable brush under running water, peeled and chopped
- 4 cups vegetable or chicken broth, low sodium
- ½ cup fat-free milk (optional)
- A pinch of nutmeg (optional)
- Salt and pepper to taste (optional)
- 1 Tablespoon pepitas (optional)

Nutrition Information: Serving Size (⅛ of recipe):
Calories 70, Total Fat 2g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 70mg, Total
Carbohydrates 12g, Fiber 3g, Total Sugars 2g,
includes 0g Added Sugars, Protein 2g, Vitamin D
0%, Calcium 2%, Iron 6%, Potassium 4%

Instructions

1. Wash hands with soap and water.
2. In a medium saucepan, heat oil.
3. Add onion and garlic. Cook for 2 minutes or until tender.
4. Stir in squash and broth. Cover, reduce heat, and simmer for 20 minutes, stirring occasionally.
5. For a smooth soup, allow to cool slightly, move contents to a blender and blend until desired consistency. Return to the saucepan and heat to simmer.
6. Add milk, nutmeg, salt, and pepper, if desired. Garnish with pepitas and enjoy!
7. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination.
Copyright ©2023



food.unl.edu