

# Creamy Butternut Squash Soup

Nebraska Seasonal Produce Guide

8 Servings



EXTENSION

Health & Wellbeing



## Ingredients

- 1 Tablespoon vegetable oil
- 1 medium onion, scrubbed with a 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)

## 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 the 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 a 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.

**Nutrition Information per Serving (1/8 of recipe):** Calories 7, 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%



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