



Butternut squash soup

Yield: Makes: 5 servings

Serving Size: 1 cup

Ingredients

1 Butternut squash, peeled and diced into cubes
2 cloves. Garlic, minced or diced finely
1 medium Onion, diced
½ tbsp Olive oil
32 fl oz (one box) Broth

Optional seasonings

½ tsp dried thyme
¼ tsp basil leaves
¼ tsp black pepper
¼ tsp parsley
¼ tsp cinnamon

Directions

1. In a heavy pot on the stove, heat olive oil over medium heat. Add onion and cook until soft and translucent, about 5 minutes. Add garlic and cook for another 1-2 minutes.
2. Add cut up butternut squash and vegetable broth. Bring to a boil and then cover and simmer for 20-25 minutes until squash is softened.
3. Carefully pour contents of pot into blender. If blender is not available, use a potato masher or large wooden spoon to mash butternut squash.
4. Blend or mash until smooth, leaving in some chunks of squash if desired. Add seasonings if desired.

Notes and substitutions

1. If olive oil is unavailable, other vegetable oils, margarine or spread, or butter will also work!
2. If no vegetable broth is available, an equal amount of chicken broth, or 3-4 boullion cubes can be used.
3. Can substitute ¼ tsp of garlic powder for 2 cloves of garlic