

Food is Health • Community Recipe Challenge

Butternut Squash Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups no/low-sodium vegetable broth
- Freshly ground black pepper

For serving:

- Chopped parsley, crusty bread



Recipe from Loveandlemons.com (adapted)



El Camino Health

Tag us on either:



@ElCaminoHealth



@el.camino.health

Instructions

1. Heat the olive oil in a large pot over medium heat. Add onion, salt, and several grinds of fresh pepper. Sauté until soft for 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let mixture cool slightly. Pour into a blender, in batches if necessary, blend until smooth. If soup is too thick, add up to 1 cup more broth and blend. If needed, pour the soup back into the pot and warm it up on the stove over medium heat, stir occasionally. Season to taste, serve with parsley and crusty bread.

Refrigerate leftover soup for up to 4 days or freeze for up to 3 months.

Optional:

- Substitute ½ cup chopped shallot (about 1 large shallot bulb) for the onion.
- To roast the butternut squash ahead of time: Preheat oven to 425 degrees Fahrenheit. Carefully cut squash in half vertically, remove seeds. Place squash on lined pan, rub 1/2 tsp. olive oil on inside of each half, sprinkle with salt and pepper. Turn squash face down, roast until tender about 40 to 50 minutes. Set squash aside until cool enough to handle. Scoop flesh with large spoon (discard tough skin) and add squash to the broth mixture in the blender in Step 3.

Nutrition Information per Serving Serves 6

Calories	140
Protein	2.5g
Carbohydrates	22g
Total Fat	5.5g
Saturated Fat	0.8g
Sodium	250-450mg (depends on broth used)
Dietary Fiber	4g
Sugars	4g

The information shown is an estimate.



Join the El Camino Health *Food is Health* Recipe Challenge.
To see contest rules, visit elcaminohealth.org/foodishealth.
For questions, please email FoodisHealth@elcaminohealth.org.



Food is Health