

# Squash Soup

Try this delicious soup with acorn squash, pumpkin, butternut squash, crookneck, or a unique variety of winter squash that you grow in your garden or can find at your local market.

Makes: 6 servings

Cook/Prep Time: Approximately 1 hour

Source: [choosemyplate.gov/recipes](http://choosemyplate.gov/recipes) - Squash Soup

## Ingredients

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 1/2 tablespoons oregano (dried)
- 1 1/2 tablespoons basil (dried)

## Directions

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

## Utensils Needed

- Measuring Utensils
- Cutting Board
- Knife
- Stock Pot
- Mixing Spoon



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	127
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	1 mg
Sodium:	251 mg
Total Carbohydrates:	19 g
Dietary Fiber:	4 g
Total Sugars:	7 g
Added Sugars:	0 g
Protein	6 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.65

Average cost/serving: \$1.76

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients

## My Cooking Notes



Add 2 to Cart  
Yellow Onion



Add 2 to Cart  
Fresh Carrot



Add 1 to Cart  
Fresh Garlic Bulb



Add 1 to Cart  
Tomato Puree



Add 1 to Cart  
Low Sodium Chicken (or Vegetable) Broth 48 oz



Add 1 to Cart  
Butternut Squash (3 lb. avg.) or other winter squash