

Quick Butternut Squash Soup



Ingredients:

- Two (12 oz) bags frozen butternut squash
- 1 onion (diced)
- 1 large carrot (diced)
- 2 cloves garlic (minced)
- 1 Tbsp extra virgin olive oil
- ½ tsp black pepper
- 24 oz low sodium chicken broth
- ⅛ tsp dried sage

Directions:

1. Microwave the frozen squash for 5 minutes.
2. In a large soup pot, heat the oil over medium-high heat. Add the onion and carrot and sauté for 5 minutes, or until clear. Add the garlic and sauté for 30 seconds. Add the squash and sauté for 3 minutes.
3. Add the remaining ingredients. Bring to a boil, reduce heat and simmer for 15 minutes.
4. After the soup has cooled slightly, transfer it to a blender and blend until smooth or use an immersion blender in the pot to blend until smooth. If desired, return the pureed soup to the pot to reheat before serving.

Nutritional information:

Calories.....110
Total Fat.....3 g
Saturated Fat0.4 g
Cholesterol0 mg
Total Carbohydrate.....19 g
Dietary Fiber4 g
Protein4 g
Sodium95 mg
Serving Size1 cup
Recipes yields.....5 servings

Prep time: 10 minutes
Cook time: 30 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/quick-butternut-squash-soup.html>