

# Butternut Squash Soup

*Compliments of Chef Richard's Kitchen*

10 Servings

3 lbs. butternut squash (about 2 medium)  
2 Tbsp olive oil  
1 medium onion, chopped  
1 tsp salt  
3 cloves garlic, minced  
2 Tbsp fresh sage, chopped  
½ Tbsp fresh rosemary, chopped  
2 tsp fresh ginger, grated  
4 C vegetable broth  
Black pepper to taste

Peel squash and cut off about 1/2" from each end. Slice lengthwise and remove seeds. Chop squash into ½" – 1" chunks.

Heat olive oil in large saucepan or Dutch oven. Add onion and sauté until translucent, about 10 minutes. Add salt and a few grinds of pepper.

Add squash cubes to pan, cover and allow to soften for 5 – 10 minutes. Add sage, rosemary, ginger and garlic. Add 3 C broth and bring to boil. Reduce heat and cover for an additional 20 – 30 minutes until squash is very tender. Remove heat and allow to cool slightly.

Working in batches, place squash and liquid into blender and blend until smooth. If soup is too thick, thin with additional broth or water.

Garnish with a tip of sage, or sprinkle top with chopped parsley. Add a crescent of thinned Mexican crema to the top if desired.

Serve hot.



## Nutrition Facts

|                               |                 |
|-------------------------------|-----------------|
| Portion Size                  | 203 g           |
| Amount Per Portion            | 82              |
| <b>Calories</b>               |                 |
| <hr/>                         |                 |
|                               | % Daily Value * |
| <b>Total Fat</b> 2.4g         | 3 %             |
| Saturated Fat 0.4g **         | 2 %             |
| <b>Sodium</b> 421mg           | 18 %            |
| <b>Total Carbohydrate</b> 15g | 5 %             |
| Dietary Fiber 2.6g            | 9 %             |
| Sugar 2.9g **                 |                 |
| <b>Protein</b> 1.5g           | 3 %             |
| <hr/>                         |                 |
| Vitamin D 0mcg **             | 0 %             |
| Calcium 61mg                  | 5 %             |
| Iron 0.9mg                    | 5 %             |
| Potassium 441mg               | 9 %             |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

\*\* Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

Source:

<https://www.nutritionvalue.org>