

ROASTED BUTTERNUT SQUASH SOUP

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 cup)

Nutrition (per serving)

Calories: 211

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 330 mg

Total Carbohydrate: 44 g

Dietary Fiber: 12 g

Protein: 6 g



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Ingredients

- 2 pounds butternut squash, peeled with insides scooped out, cubed (about 7 cups)
- $\frac{3}{4}$ large onion, chopped into 6 large chunks
- 1 Tablespoon extra-virgin olive oil
- 2 cups reduced sodium chicken broth (use gluten free stock/broth for GF version)
- $\frac{1}{3}$ cup + 1 Tablespoon fat-free evaporated milk
- $\frac{1}{4}$ teaspoon minced garlic
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Toss squash and onion in olive oil and place on baking sheet. Bake for 20 minutes or until soft. If any pieces are charred, cut those off and discard.
3. Put squash, onion and rest of ingredients in blender. Blend until smooth. May add additional broth or milk if a smoother consistency is desired.