

Butternut Squash Soup

Ingredients

SERVES 6-8 PEOPLE

- 1 Peeled & Cubed Butternut Squash
- 1 Chopped Onion
- 3 Cloves of Minced Garlic
- 1 tbsp - 1/4 Cup of Chopped Fresh Sage
- 1 Sprig of Rosemary
- 3-4 Cups of Vegetable Broth (or broth of choice)
- Salt, Pepper, and Neutral Oil
- Optional: 1.5-2 Cups of Whole Milk

Procedure

1. Chop onion and set aside. Chop squash in half, peel off skin, and cube. Put onion and squash into large pot with oil and minimal salt and pepper (broth will add a lot of flavor and salt), and cook on med-high heat until you can easily puncture squash with a fork (about 5-10 minutes).
2. While squash is cooking, mince the garlic and finely chop the sage. When squash is soft add in garlic, sage, and rosemary, stir until fragrant. Then add the broth. Lower heat to med-low, and let simmer for 20-30 minutes.
3. Remove sprig of rosemary. If using milk add now, and use masher or blender to incorporate the soup. Serve and enjoy!

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