



Eat Well

Butternut Squash Soup

Directions

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, about 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to puree soup. Alternatively, let the soup cool slightly and carefully puree in batches in an upright blender.

Servings: 6

Ingredients

- » 2 Tbsp extra-virgin olive oil
- » 1 carrot, diced
- » 1 celery stalk, diced
- » 1 onion, diced
- » 4 cups cubed butternut squash, frozen
- » ½ tsp chopped fresh thyme
- » 4 cups low-sodium chicken broth
- » ½ tsp fine sea salt
- » ½ tsp ground black pepper

Nutrition information per serving:

Calories 140, Total Fat 6g, Saturated Fat 1g, Sodium 280mg, Carbohydrates 20g, Fiber 5g, Protein 6g.

Find more Altru dietitian approved recipes at altru.org/enrich

<http://www.wholefoodsmarket.com/>

