



A Nutrition Resource

WINTER SQUASH SOUP

Yield: 5 Servings | Serving Size: about 1 cup

Cost/serving: \$1.53

Ingredients:

- 2 teaspoons vegetable oil
- 2 cups sliced onions
- 2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced, or 1 (15-ounce) can sliced pears, drained, and chopped
- 2 cloves garlic, peeled and crushed
- 2 Tablespoons coarsely chopped, peeled fresh ginger or 1 teaspoon powdered ginger
- 1/2 teaspoon thyme
- 4 cups low sodium chicken or vegetable broth
- 1 cup water or more

Directions:

- 1) Heat oil in a large pot over medium heat.
- 2) Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
- 3) Add squash, pears, garlic, ginger, and thyme. Cook, stirring for 1 minute.
- 4) Add broth and water. Bring to a simmer. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
- 5) Puree soup, in batches, if necessary, in a blender. Return soup to pot and add water to reach desired consistency. Heat through.

Adapted from www.foodhero.org.

Nutrition Facts

5 servings per container
Serving size 1 cup (540g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 32g	12%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 564mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION