

Butternut Comfort Soup

SERVINGS: 12

Ingredients	Quantity	Measure
Olive oil	2	tbsp.
Garlic, minced	2	cloves
Onion, diced	½	cup
Fresh ginger, peeled and minced	1	tbsp.
Butternut squash, roasted whole, peeled and cut into medium pieces	3	cups
Water	½	cup
Vegetable Broth	3	cups
Salt	1	tsp.
Pepper	1	tsp.
Almond or soy Milk	½	cup

Preparation

1. Rub 1 tbsp. of olive oil on butternut squash. Place squash in hotel pan with ½ cup water and roast 15 minutes on each side in 375 degree oven. Remove from heat, allow to cool to touch, and peel. Cut into medium pieces. Set aside.
2. Put 1 tbsp. olive oil in a pot. Add garlic, onions, ginger, salt and pepper. Sauté for 4-5 minutes on medium-high heat.
3. Add squash and vegetable broth. Cook until tender.
4. Strain, reserving liquid. Puree squash and add liquid as needed to achieve desired soup consistency.
5. Add almond milk as desired for creaminess.

Optional

Protein croutons may be added for a surprising crisp/tender crunch and pleasant contrast to the brilliant orange of the soup.

With 4 ounces of a package of refrigerated extra firm tofu, chop tofu into dice sized pieces. Roll in a mixture of flour, salt, pepper and garlic powder. Stir fry in a pan of light oil until floured tofu is crispy. Allow to sit briefly on a plate covered with a paper towel. Place atop plated soup and serve.

Serving Information

Serve 4 oz. topped with fresh croutons.

Nutrition Information (without tofu croutons)*From USDA Nutrient Database

Calories: 46 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 6g Protein: 1g
Sodium: 387mg Vitamin A: 193µg Vitamin C: 8mg Calcium: 40mg Iron: 0mg
Folic Acid: 14 µg

