

# Southwest Veggie Soup

BY **BOSTON PUBLIC SCHOOLS**

“This is a simple soup recipe that uses locally grown butternut squash. Thinly sliced or crumbled taco shells can be served on the side or used to garnish this soup. Serve alongside a toasted cheese sandwich!”

—*Chef Didi, Project Bread's Cookbook Consultant*

- ¼ cup canola oil
- 6 small or 3 large onions, diced (1 pound)
- 12 cloves garlic, minced (1¼ ounces)
- 12<sup>2</sup>/<sub>3</sub> cups diced butternut squash (6<sup>3</sup>/<sub>4</sub> pounds)
- 2 cups chicken base (½ pound)
- 9½ quarts water
- 1 #10 can diced tomatoes
- 4 tablespoons chili powder
- 2 tablespoons ground pepper
- 12<sup>2</sup>/<sub>3</sub> cups frozen green beans (4<sup>3</sup>/<sub>4</sub> pounds)
- 2 #10 cans black beans, drained and rinsed well under cold water
- 12<sup>2</sup>/<sub>3</sub> cups frozen whole-kernel corn (4<sup>2</sup>/<sub>3</sub> pounds)
- 36 whole corn taco shells, sliced thin or crumbled to garnish, optional (2 pounds)

**YIELD: 100 SERVINGS (K–5) \* SERVING SIZE: 1 CUP**

Heat the canola oil in a large soup pot over medium heat. Add the onion and sauté until translucent.

Add the butternut squash, garlic, chicken base, water, tomatoes, chili powder, salt, and pepper.

Bring to a boil and cook until the squash is tender, about 30 minutes. At this point, use a potato masher to break down the squash a bit.

Add the green beans, black beans, and corn. Simmer an additional 10 minutes, until the beans are cooked.

Taste for seasoning and adjust as needed. Garnish with taco shells (if using).

## **NUTRITIONAL INFORMATION**

CALORIES: 114; SODIUM: 384.31 MG; SATURATED FAT: 2.05%

## **USDA REQUIREMENTS MET**

½ CUP TOTAL VEGETABLE  
(<sup>1</sup>/<sub>8</sub> CUP RED OR ORANGE VEGETABLE, <sup>1</sup>/<sub>8</sub> CUP OTHER VEGETABLE,  
<sup>1</sup>/<sub>8</sub> CUP LEGUMES, <sup>1</sup>/<sub>8</sub> CUP STARCHY VEGETABLE)