



Butternut Squash Soup

P-310-00
Soups

Color Code: Green
Sodium: Moderate

Yield: 100 Portions
Each Portion: 1 cup (8-³/₄ oz)
Time: 45 - 48 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER, WARM	2- ¹ / ₄ gal	18 lb 12 oz	
BASE, VEGETABLE, LOW SODIUM	¹ / ₂ cup + 1 tbsp	5- ³ / ₄ oz	
OIL, CANOLA	¹ / ₂ cup	3- ³ / ₄ oz	
ONION, YELLOW, DICED ¹ / ₂ -INCH	1 gal	3 lb 6 oz	3 lb 12 oz
GARLIC, PREMINCED IN WATER	1- ³ / ₄ cup	10- ¹ / ₂ oz	
SALT	¹ / ₃ cup + 1 tbsp	4 oz	
PEPPER, BLACK, GROUND	2 tsp	0.14 oz	
SQUASH, BUTTERNUT, PEELED, DICED 1-INCH	6 gal + 3 qt	33 lb 8 oz	40 lb
POTATOES, WHITE, PEELED, DICED 1-INCH	2 qt + 2 cup	3 lb 2 oz	3 lb 7 oz
CARROTS, SLICED ¹ / ₄ -INCH	2 qt	2 lb 7 oz	3 lb

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice butternut squash and potatoes to 1-inch, dice onion to ¹/₂-inch and slice carrots ¹/₄-inch.
2. Combine warm water and vegetable base paste; whisk until fully incorporated. Set aside for use in Step 4.
3. In a large stockpot or steam-jacketed kettle, heat oil. Add onion, garlic, salt and pepper; sauté for 5 to 8 minutes, or until onions are translucent.
4. Add squash, vegetable stock, potatoes and carrots. Cover and simmer for 30 minutes, stirring occasionally.
5. Remove cover and simmer for an additional 15 minutes. CCP: Internal temperature must reach 135°F (57°C).
6. Remove soup from heat; cool for 30 minutes at room temperature.
7. Using a stick blender or sheer cutter mixer, blend soup until it reaches a pureed consistency. Serve immediately or CP: Hold hot at 135°F (57°C).

RECIPE NOTES

1. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. In Step 7, if a stick blender or sheet cutter mixer is not available, soup may be mashed in a mixer with a paddle attachment. If using a mixer, the consistency will not be a pureed product however the flavor and texture still yields an acceptable product.
3. If fresh butternut squash is not available, 6 gal + 3 qt (27 lb 7 oz) frozen diced butternut squash may replace fresh butternut squash.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	91
Carbohydrates	20 g
Sugars*	4 g
Protein	2 g
Fat	1 g
Saturated Fat	0.1 g
Sodium	500 mg
Calcium	69 mg
Fiber	5.0 g



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