

# Harvest of the Month



## Butternut Squash Soup

Makes 7 servings (1 c. each)

- 2 T. butter (or olive oil)
- ¾ c. onion, chopped
- ¼ c. red pepper, chopped
- ¼ c. green pepper
- 2-14 oz. cans chicken broth
- 2 c. Cooked or baked squash or more
- ¼ c. Half & Half (or low-fat milk)
- 2 tsp. cumin (or more)
- 1-1/2 tsp. fresh minced garlic
- ¼ tsp. white pepper
- 1/8 tsp. tabasco



Photo: Katie Schmidt

Brown onion, red and green pepper in the 2 Tbs. butter on medium heat, until soft and tender. Add stock and simmer slightly. Add squash, cut in bite size pieces and the cream. Heat only (do not boil.) For a thicker soup, puree in blender or use an emersion blender.

Serve with slices of granny smith apple if you wish.

More Recipes:

[www.brmh.net/recipes](http://www.brmh.net/recipes)

[www.JacksonInAction.org/recipes](http://www.JacksonInAction.org/recipes)

Per 1 c. serving  
(Makes 7 servings)

Nutrition Facts	
servings per container	
<b>Serving size</b>	(219g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 269mg	6%
<small>*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.</small>	