

# Soup Recipe

Hand  
Blender/Food  
Processor

## Butternut Squash Soup



Ingredient	Approx. Cost*
1 butternut squash, peeled and chopped	\$2.99
1 lb. bag of carrots, peeled and chopped	\$0.99
1 bunch celery, washed and chopped	\$1.99
Seasonings: cumin, cinnamon, olive oil	\$0.75***
Liquid: 1 large can of chicken broth (32 oz. pacific natural foods) and 1 14 oz. can of chicken broth.**	\$4.54
<b>Total</b>	<b>\$11.26</b>

# of servings: 10 **Cost per serving: \$1.13**

\*Based on Peapod's on-line pricing as of 2/09.

\*\*watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

\*\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Sauté carrots and celery in olive oil in a large pot for several minutes. Add squash and broth and simmer on low for about 20 to 25 minutes, until squash is soft. Cool before whipping with hand blender to desired consistency. Double the recipe and freeze a batch!

### Nutritional Information per 2 cup Serving:

<b>Calories</b>	<b>80</b>
<b>Total Fat</b>	<b>.5g</b>
Saturated Fat	0g
% of daily total	0%
<b>Carbohydrates</b>	<b>18g</b>
<b>Protein</b>	<b>3g</b>
<b>Fiber</b>	<b>5g</b>

	% of daily total
Vit A	137%
Vit C:	42%
Calcium:	9%
Iron	6%
Good source of*	B vitamins, Vitamin A, Vitamin C, Potassium, Magnesium
*(10% or more of the RDA)	

based on 2000 calorie diet

