

Squash Soup

Ingredients:

- 1 Tablespoon olive oil
- 2 medium onions, chopped
- 2 medium carrots, chopped
- 2 minced garlic cloves
- 1 cup canned tomato puree
- 5 cups low-sodium chicken or vegetable broth
- 4 cups cooked winter squash
- 1 ½ Tablespoons dried oregano
- 1 ½ Tablespoons dried basil

Preparation:

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots, and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Yields 6 servings

Nutritional Information Per Serving: 150 calories, 7g protein, 28g carbohydrate (7g fiber), 3g fat, 5mg cholesterol, 150mg sodium

Source: U.S. Department of Agriculture



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