

Butternut Squash Soup

Created by Chef Manual Rios III of Long Island Jewish Medical Center

Selected for you by Julia Musacchia MS, RDN, CDN



Nutritional Benefits

Butternut squash is rich in Vitamins A and C, providing essential nutrients that support eye health and boost the immune system. Celery and leeks contribute fiber and vitamins, while onions & nutmeg add flavor and potential anti-inflammatory properties. This comforting soup is not only delicious, but also a nutritious choice, promoting overall well-being and a healthy immune system.

Ingredients

4 ounces celery, chopped
1 onion, sliced
4 ounces leeks, sliced
1 medium sized butternut squash, diced
Allspice, nutmeg to taste
Water as needed
Pepper to taste
Salt to taste
2 tablespoon of blended oil or neutral flavored oil

Instructions

1. Add blended oil to pot
2. Add celery, leeks and onion. Sweat until tender no color remains
3. Add squash
4. Add water
5. Simmer until all vegetables are completely cooked
6. Blend until smooth
7. Add seasoning
8. Adjust consistency

Nutrition Facts per Serving

170 Calories, 5.2 g Total Fat (0.82 g Saturated Fat), 0.00 mg Cholesterol, 108 mg Sodium, 29 g Total Carbohydrate (5.5 g Fiber, 9 g Total Sugars), 3.3 g Protein, 714 mg Potassium, 93 mg Phosphorus

Serving Size: 6oz

Number of Portions: 10

Preparation time: 30 minutes + **Cooking Time:** 1hr

***Allergens:** *squash*