

SOUPS

Butternut Squash Soup

Makes 6 servings · about 1 cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 115	

Ingredients

- 2 cups cooked butternut squash (or canned)
- 2 cups vegetable broth
- 1 medium onion, diced
- 2 carrots, peeled and diced
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp ground ginger
- 1 cup canned coconut milk (mix well before measuring)

Directions

1. If roasting fresh squash: bake at 350°F about 45 minutes, until tender; cool, seed, and scoop out the flesh.
2. In a saucepan, cook the onion, carrots, baking soda, and spices in the broth until soft.
3. Let cool, then transfer to a blender with the squash and coconut milk; blend until smooth.
4. Return to the pan or a slow cooker to warm.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Butternut Squash Soup

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium butternut squash (about 4 cups cubed)
- ☐ 1 medium onion
- ☐ 2 carrots

DAIRY & EGGS

- ☐ 1 cup canned coconut milk (mix well before measuring)

PANTRY & DRY GOODS

- ☐ 2 cups vegetable broth

CHECK YOUR PANTRY

- ☐ Baking soda
- ☐ Salt
- ☐ Cinnamon
- ☐ Ground ginger