

Butternut Squash Soup

Prep: 10 min
Cook: 20 min
Serves: 4

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large butternut squash (about 3 pounds), peeled, seeded and diced ½-inch
- 2 garlic cloves, minced
- 4 cups homemade vegetable stock
- ½ cup heavy cream
- 2 tablespoons pure maple syrup
- ½ teaspoon kosher salt
- Chopped fresh parsley (for garnish)

Directions:

1. Heat the oil in a large saucepan over medium heat. Sauté the butternut squash for 15 minutes, until tender and lightly browned. Add garlic and continue to sauté for 1 minute.
2. Add vegetable stock and bring to a boil. Stir in heavy cream, maple syrup and salt to combine. Simmer for 3 to 4 minutes.
3. Use a handheld blender to purée, or carefully purée in a blender until smooth.
4. Serve in bowls and garnish with chopped parsley and a drizzle of cream.



| Nutrition Information | | |
|-----------------------|------------|---------------|
| Serving size: 580g | 4 servings | Calories: 330 |
| Amount per Serving | | % Daily Value |
| Total Fat | 18g | 23% |
| Saturated Fat | 8g | 40% |
| Trans Fat | 0g | |
| Cholesterol | 35mg | 12% |
| Sodium | 840mg | 37% |
| Total Carbohydrate | 44g | 18% |
| Dietary Fiber | 6g | 21% |
| Total Sugars | 16g | |
| Added Sugars | 8g | 16% |
| Protein | 4g | |
| Vitamin D | 0mcg | |
| Calcium | 170mg | 15% |
| Iron | 2mg | 10% |
| Potassium | 1062mg | 25% |