



Landman & Associates, Inc.



SWEET & CREAMY BUTTERNUT SQUASH SOUP

This creamy and sweet soup is great for a holiday meal. Thanksgiving or Christmas, it is rich in flavor, beautiful in color, and easy to prepare. Yes it is low in calories and fat! Any extra soup freezes well.

Ingredients For Soup:

5 cups Spring water,
chicken or veg broth

1 Onion... sliced
1 Apple...
peeled and cubed
6 cups Butternut
Squash... peeled and
cubed
1 T. Fresh Ginger...
peeled grated or 1
tsp. Dried ginger
½ tsp. Salt
¼ cup Parsley,
minced

Cooking Directions:

1. Add water or broth to pot and bring to a boil.
2. Add cut squash, onion, and apple, to the broth. Bring to a boil
3. Simmer 40 minutes.
4. Ladle soup contents into a blender and blend until smooth.
5. Garnish with parsley and serve.

Serves: 12

Equipment: 6 qt. pot
with lid

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Gluten Free Diets- Who needs them and how to make them healthy and delicious. Products and recipes discussed.

Landman &
Associates, Inc.
954-792-7303

Portion size: 1 cup
soup ladle
Calories: 50
ginger grater
Carbohydrate: 15 g
vegetable peeler
Fat Grams: 0
measuring cup
Sodium: 110 mg.
electric blender

More Recipes to Follow
on the Next Nutrition
Tip

Have a Healthy
Thanksgiving!

Alix