

Butternut Squash Soup

Ingredients:

1 large butternut squash, peeled and cut into cubes (microwave for one minute first to soften)
1 large sweet potato peeled and cubed
3 large carrots peeled and cubed
1-2 boxes chicken stock
3 Tablespoons olive oil
1-2 Tablespoons curry powder
1 Tablespoon cumin

Directions:

1. Preheat oven to 375.
2. Coat vegetables with oil, mix and put in roasting pan
3. Roast for 30 minutes or until golden and soft.
4. Place cooked vegetables in blender or use hand blender in pot. Add 1 box chicken broth and blend until smooth. Add spices plus salt and pepper to taste. Add more broth to desired consistency.



Tips & Facts:

- ✓ You can microwave the squash until it is tender instead of roasting; you can also cut into cubes and add to pot with chicken broth and simmer until soft;
- ✓ Adjust spices to your liking. Use less or more depending on your taste.
- ✓ Use low sodium broth and stock for a lower sodium soup.
- ✓ Add a small amount of maple syrup for additional flavor
- ✓ Butternut squash is a delicious seasonal squash that can be cooked in a variety of ways– baked or roasted, in a puree, in soups or stews, and as a sweet addition to other hearty winter dishes.
- ✓ Roast the seeds – Preheat oven to 325. Cover seeds with water to help separate seeds from squash threads. Drain. Spread seeds on baking sheet. Season with salt and any other seasoning. Bake approximately 20 minutes

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Butternut squash	\$1.79	1.79
Sweet potato	\$1.19	1.19
Olive oil	\$5.29/17 oz.	.46
carrots	\$2.29/2 lb. bag	.32
Vegetable/Chicken broth	\$1.29 (14.5 oz. can)	\$1.94
Curry powder	\$5.39 (.95 oz.)	.89
cumin	\$6.29 (1.5 oz.)	.69
TOTAL	\$22.24	\$7.28
		Cost per Serving: \$1.21

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