

Butternut Squash Soup

Ingredients:

2 tablespoons butter
1 small onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped

2 medium potatoes, cubed
1 medium butternut squash, peeled, seeded, and cubed
32 ounces chicken stock
Salt and pepper to taste

Directions:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash for 5 minutes or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Nutrition Facts	
Serving Size (605g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 590mg	25%
Total Carbohydrate 45g	15%
Dietary Fiber 9g	36%
Sugars 7g	
Protein 8g	
Vitamin A 520%	Vitamin C 70%
Calcium 15%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah

**Valley Native Primary Care Center
Wellness Center**

(907) 631-7630

southcentralfoundation.com

Source: <http://allrecipes.com>

