

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Vegetable Squash Soup

The majority of produce is out of season during the winter months, which can make it more difficult to meet your daily fruit and vegetable servings. This soup is an easy way to increase your veggie intake and will warm you up even on the coldest days.

<b>Recipe Name:</b>	Vegetable Squash Soup
<b>Recipe By:</b>	Tianne Lewis, Undergraduate Nutrition Student
<b>Short description of recipe:</b>	Butternut squash is high in fibre and an excellent source of Vitamin A and C. It has a sweet flavour, making it a popular choice with adults and kids alike.
<b>Makes</b>	3-4 medium bowls
<b>Ingredients:</b>	1 litre of low sodium beef broth 1 small butternut squash, peeled and cut into quarters 1 medium onion, diced 2 garlic cloves, minced 1 cup water 1/2 cup of trimmed and thinly sliced celery 1/3 cup of roughly chopped scallion 1/3 cup of diced red or yellow bell peppers 2 small potatoes or 1 large potato, cut into 2inch cubes 1 tsp of pepper
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Place the beef broth into a medium pot and bring to a boil. Add the squash, onions, and garlic. Turn heat down and simmer for 30 minutes or until squash is cooked through (should be soft enough to mash).</li><li>2. When the squash is cooked through, remove the pot from heat and remove all large pieces of squash, placing in a small bowl. Mash the squash until smooth (use a fork or potato masher).</li><li>3. Add in the water, celery, scallion, and red or yellow pepper.</li><li>4. Return the pot to heat and return to a boil. Turn heat down and simmer for 10 minutes.</li><li>5. Add in potato cubes and seasoning and let the soup simmer for another 45 – 60 minutes or until the potatoes are tender.</li><li>6. Serve hot.</li></ol>