

# BUTTERNUT SQUASH SOUP

*A GOURD-GEOUS SOUP TO SIT BACK AND ENJOY AS THE BRISK AUTUMN AIR BEGINS TO ROLL IN.*



**Yield: 9 – Serving Size: 8oz. – Prep Time: 20 Minutes**



## Ingredients:

- 2 Tbsp -** Butter, Unsalted
- ¼ Cup -** White Onion, Medium Dice
- ¼ Cup -** Celery, Medium Dice
- 1 Cup -** Carrot, Medium Slice
- 1 ½ Cup -** Chef Potato, Medium Dice
- 8 Cups -** Butternut Squash, Medium Dice
- 5 Cups -** Chicken Stock
- 6 Tbsp -** Heavy Cream
- ¼ tsp. -** Salt
- ¼ tsp. -** Black Pepper
- 1/8 tsp. -** Ground Nutmeg

- 1) Pre-heat a medium sized pot over medium heat.  
Add butter and allow to melt.





2) Once the butter is completely melted add the white onion, celery and carrot to the pot. Sauté for approximately 5 minutes or until the onions become translucent.

3) Once the veggies have been sautéed add the potatoes and butternut squash to the pot.



4) Add the chicken stock and allow the soup to simmer over medium-low heat for 30 minutes or until the potatoes and butternut squash are fork tender. (Fork should easily pierce squash/potato with minimal effort)



5) Utilizing either a stick immersion blender or a stand blender blend the soup until smooth.



6) Add the heavy cream to the soup and blend or stir to incorporate cream.



7) Season with salt, black pepper and nutmeg. Stir to incorporate. Serve and Enjoy!!

Equipment Needed: Blender/Immersion Blender, Medium Pot, Large Spoon, Knife, Cutting Board, Measuring Cups and Spoons,

**Calories:** 384.3Kcal – **Calories from Fat:** 208Kcal – **Total Fat:** 8.1g – **Saturated Fat:** 4.4g – **Trans Fat:** .2g – **Cholesterol:** 22.1mg – **Sodium:** 279.6mg – **Total Carbohydrate:** 31g – **Dietary Fiber:** 7.1g – **Sugar:** 7.5g – **Protein:** 6.1g



