

Eat  
Well



## SPICED UP BUTTERNUT SQUASH SOUP

A hint of curry and cilantro takes this soup up a notch making it a hands down favourite. This go-to recipe is versatile, so sub in other vegetables to transform it into a brand new soup.

Prep Time **15** min

Cook Time **30** min

Makes 6 Servings

- 1 butternut squash (about 1.125 kg/2 1/4 lb)
- 5 mL (1 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 10 mL (2 tsp) mild curry powder or paste
- 750 mL (3 cups) sodium reduced vegetable or chicken broth
- 30 mL (2 tbsp) chopped fresh cilantro or parsley (optional)
- 1 mL (1/4 tsp) fresh ground black pepper
- 75 mL (1/3 cup) 0% fat plain Greek yogurt (optional)

**1.** Using a vegetable peeler, peel squash. Cut squash in half crosswise, then cut each half in half lengthwise. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.

**2.** In a soup pot or large saucepan, heat oil over medium heat and add onion, garlic and curry powder. Cook, stirring for about 2 minutes or until starting to soften. Add chopped squash, broth and cilantro, if using. Bring to a boil. Once at a boil, reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender.

**3.** Remove from heat and let cool slightly. Ladle into blender in batches or alternatively, using an immersion blender, puree soup in pot until smooth. Stir in pepper. Serve with a dollop of yogurt if desired.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

### NUTRIENTS PER SERVING

% DV

Calories	105	-
Fat	1 g	2 %
Saturated + Trans	0 g	1 %
Cholesterol	0 mg	-
Sodium	251 mg	10 %
Carbohydrate	24 g	8 %
Fibre	4 g	16 %
Sugars	6 g	-
Protein	3 g	-
Vitamin A	-	136 %
Vitamin C	-	47 %
Calcium	-	8 %
Iron	-	11 %

### TIPS

- Save some soup for the next day's lunch. Add canned, drained and rinsed chickpeas to the soup to keep you energized all afternoon.
- Transform this soup using broccoli, cauliflower or sweet potato: Omit butternut squash and replace it with 1.5 L (6 cups) chopped fresh broccoli or cauliflower. Peel stalk of broccoli and chop with florets, or just chop the cauliflower. Or sub in 2 large sweet potatoes (about 1 kg/2 lbs), peeled and chopped, instead of the butternut squash.
- When using the blender, be sure to let soup cool slightly and, when pureeing, hold the lid with a kitchen towel to ensure it doesn't pop off. Fill the blender only half way for each batch when pureeing.