

# Butternut Squash Soup

Serving Size: 3

Time: 55 minutes



Ingredients	
Butternut Squash Soup	Garlic Fragrant Wholemeal Bread
<ul style="list-style-type: none"> <li>• 500g roasted butternut squash, 2 ½ cups</li> <li>• 1 cup low sodium chicken stock</li> <li>• ¾ cup chopped yellow onion</li> <li>• 1 tablespoon olive oil</li> <li>• A pinch of salt</li> <li>• A pinch of black pepper</li> <li>• A pinch of ground cinnamon</li> <li>• 2 cups water</li> <li>• Toasted pumpkin seeds, optional for garnish</li> </ul>	<ul style="list-style-type: none"> <li>• 6 slices of wholemeal breads</li> <li>• 3 cloves of garlic</li> </ul>

## PREPARATION:

1. Cut the butternut squash into cubes and roast it in oven at 180°C for 20 minutes until caramelized, but not burned.
2. Put 1 tablespoon of olive oil in a soup pot over medium heat, then add the onion, salt and pepper, and cook for 10 minutes, until the onions are soft.
3. Add the roasted butternut squash cubes and cinnamon, and stir for 2 minutes, until the cinnamon smells fragrant.
4. Add the chicken stock with 2 cups water, bring the liquid to a boil over high heat, then reduce to a simmer. Cook for 2 minutes at a simmer.
5. Cool the soup slightly and puree the soup in a blender.
6. Taste the soup and see if it needs more seasoning.
7. Rub 1/2 clove of garlic to a slice wholemeal bread and toast it.
8. Serve the butternut squash soup with a few pumpkin seeds and garlic-fragrant toasted wholemeal bread.

## Healthy Tips:

- ✓ You can replace butternut squash with pumpkin if it is not available.
- ✓ Choose whole meal bread to increase your fiber intake.

## Nutrition Facts

Nutrient	Calories	Carbohydrate	Protein	Fat	Fiber	Sodium
Per Serving	287.2	48.2	10.6	6.8	10.3	318.1