



Recipes

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BUTTERNUT SQUASH SOUP

Ingredients:

- 2 tbs butter
- 1 chopped large Vidalia or sweet onion
- $\frac{3}{4}$ to 1 tsp curry powder
- Large butternut squash
- chicken broth
- honey
- 10 % cream or make it lower in fat use, 1 cup of Carnation fat free evaporated skim milk
- Cinnamon and or nutmeg

Directions:

- Microwave on high for 5 mins.
- Wash and slice large butternut squash, removing all the seeds. Place slices in a large covered casserole dish and add $\frac{1}{3}$ cup of water.
- Microwave on high for 12 to 20 mins or until soft. Let cool, then cut off skin and slice into small chunks.
- Place onion mixture and cooked squash in blender and blend well.
- Add 2 tbs of honey
- Add 2 cups of chicken broth. Blend well.
- Cook soup in Instant Pot or Ace stockpot blender following Pot or blender settings.
- Also, can be cooked on low heat in a stockpot on the stove for a least 30 mins, stirring occasionally to prevent burning.
- After cooking let cool in stockpot or keep warm setting in blender or Instant Pot.
- Add 10 % cream or make it lower in fat ,use 1 cup of Carnation fat free evaporated skim milk
- Add Cinnamon and or nutmeg (if you wish)