



Butternut Squash Soup II



This is a thick, rich soup with tons of flavor. Something I whipped up off the top of my head, with things I had on hand. Super easy, quick, and a great way to use squash. An instant hit at my house.

Prep: 25 mins

Cook: 45 mins

Total: 1 hr 10 mins

Servings: 4

Yield: 4 servings



Ingredients

2 tablespoons butter
1 small onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped
2 medium potatoes, cubed
1 medium butternut squash - peeled, seeded, and cubed
1 (32 fluid ounce) container chicken stock
salt and freshly ground black pepper to taste

Directions

Step 1

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Step 2

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Nutrition Facts

Per Serving:

305 calories; protein 6.9g 14% DV; carbohydrates 59.7g 19% DV; fat 6.8g 11% DV; cholesterol 20.9mg 7% DV; sodium 1151.4mg 46% DV.

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