

Butternut Squash Soup

Butternut squash is a great source of vitamin A, potassium, and fibre, making this recipe a great heart healthy soup option!

Ingredients:

- 2 tbsp butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 1 large potato, cubed
- 1 medium butternut squash, peeled, seeded, cubed
- 1 (900mL) container of chicken stock (low sodium)
- 1 tbsp garlic powder
- Pinch of oregano
- Salt and pepper to taste

Directions:

1. Melt the butter in a large pot and cook the onion, celery, carrots, potatoes, and squash for 5 minutes. Pour enough chicken stock to cover vegetables and bring to a boil. Reduce heat to low, cover pot, and simmer for 40 minutes or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth (you may have to do this in batches). Return to pot and mix in any remaining stock to attain desired consistency. Add garlic powder and oregano. Season with salt and pepper.

Adapted from: Allrecipes.com



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