

## Butternut and Summer Squash Soup

Makes about 1 gallon

### Ingredients

- 2 lbs butternut squash
- 1 lb summer squash
- 12 cups water
- ½ cup vegetable base - low sodium, no MSG
- 1 tsp ground ginger
- ½ cup light brown sugar
- 1 tablespoon ground white pepper
- 2 medium onions, diced
- 4 oz margarine
- 4 oz all purpose flour

### Method

1. In kettle, heat margarine, add onions and sauté 3-5 minutes. Add flour.
2. Add butternut and summer squash, water, vegetable base, ginger, brown sugar, and pepper; bring to a boil.
3. Reduce heat to low and simmer until butternut is tender, about 20 minutes.
4. Use electric hand mixer to blend.
5. Serve.

<b>Nutrition Facts</b>			
Serving Size approx 1 cup			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b> 140	<b>Calories from Fat</b> 60		
<hr/>			
% Daily Value*			
<b>Total Fat</b> 6g	<b>9%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 1g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 310mg	<b>13%</b>		
<b>Total Carbohydrate</b> 21g	<b>7%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 5g			
<b>Protein</b> 2g			
<hr/>			
<b>Vitamin A</b> 160%	<b>• Vitamin C</b> 20%		
<b>Calcium</b> 4%	<b>• Iron</b> 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<hr/>			
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

