

# WINTER PICK-ME-UP SOUP

**Serves:** 6+

**Approximate Cost of the Recipe:** \$8.87

**Approximate Cost per Serving:** \$1.45



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## INGREDIENTS:

- 1 fresh butternut squash  
OR 4 ½ cups frozen butternut squash
- 8 fresh carrots  
OR 2 14.5 oz can carrots, drained and rinsed
- 2 stalks celery
- ½ onion
- 2 Tablespoons olive oil
- 4 cups vegetable broth
- 1 Tablespoon garlic powder
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- 1 teaspoon curry powder
- 2 cups water

## DIRECTIONS:

1. Preheat oven to 400°F. Wash all fresh produce under running water.
2. Roughly chop fresh butternut squash, carrots, celery, and onion.
3. Coat vegetables in olive oil and roast for 30-40 minutes or until soft.
4. Blend roasted vegetables and vegetable broth until smooth.
5. Combine blended mix, garlic powder, nutmeg, ginger, curry powder, and water in a pot.
6. Heat over medium-high heat and bring to a boil, then lower heat to bring to a simmer. Cook for 30 minutes.
7. Serve and enjoy!