WINTER PICK-ME-UP SOUP

Serves: 6+
Approximate Cost of the Recipe: $8.87
Approximate Cost per Serving: $1.45

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!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
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