## SHOPPING LIST

### Roasted Squash Soup

- ○ Butternut Squash
- ○ Olive Oil
- ○ Large Onion
- ○ Kosher Salt
- ○ Black Pepper
- ○ Chicken Broth
- ○ Thyme
- ○ Sour Cream


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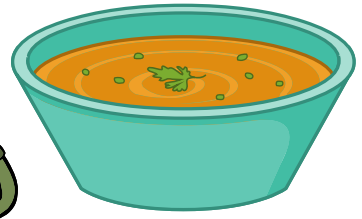
# LUNCH

FIZZY'S LUNCH LAB

## Roasted Squash Soup



| VEGETARIAN | TIME | DIFFICULTY | SERVES |
|---|---|---|---|
| V | | M | 6 |
| YES | Over an hour | Medium | |

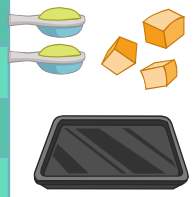
## YOU WILL NEED

- **1** medium butternut squash, peeled, seeded and cut into 1½" chunks
- **3 tablespoons** olive oil
- **1** large onion, chopped
- Kosher salt and black pepper
- **1 quart** low-sodium chicken broth
- **2 sprigs** thyme
- **½ cup** low fat sour cream

## DIRECTIONS

### ATTENTION KIDS: Always cook with a grownup!

Peeled and seeded butternut squash can be found in the refrigerated section of your supermarket's produce aisle.



**STEP 1:** Preheat the oven to 400°. Toss the squash with two tablespoons of the oil and spread out on a rimmed baking sheet. Roast, stirring occasionally, until the squash cubes can be easily pierced with a fork, about 45 minutes.

**STEP 2:** While the squash cubes are roasting, heat a large saucepan over medium-low heat; once hot, add the oil. Add the onion, 1 ½ teaspoons salt, and ¼ teaspoon pepper. Cook about 20 minutes. Add the chicken broth, thyme, and roasted squash cubes to the pot and bring to a simmer. Cook for 10 minutes.

**STEP 3:** Remove the thyme and carefully puree the soup in small batches in a blender until smooth. Stir in the sour cream. Serve.



## Nutrition Facts

Serving Size 1 serving (358g)
Servings Per Container 6

| Amount Per Serving | |
|---|---|
| **Calories** 190 | Calories from Fat 90 |
| | % Daily Value* |
| **Total Fat** 10g | 15% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| **Cholesterol** 10mg | 3% |
| **Sodium** 550mg | 23% |
| **Total Carbohydrate** 23g | 8% |
| Dietary Fiber 3g | 12% |
| Sugars 6g | |
| **Protein** 6g | |

Vitamin A 330% • Vitamin C 60%
Calcium 10% • Iron 8%

*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 | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4