

It's Soup Month! How Are You Celebrating?



Roasted Winter Vegetable Soup

Serves: 4 | Serving Size: 1 and 1/2 cups

1 butternut squash, halved and seeded, stem removed
1/2 onion
1 yellow bell pepper
2 carrots
4 cups low-sodium vegetable broth
1 cup fat-free half and half
Dash black pepper
Dash hot pepper sauce

Place the vegetables in a roasting pan and roast for 90 minutes at 325 degrees Fahrenheit.

Puree the roasted veggies with the broth and fat-free half and half in a blender. It will take a few batches to puree all of the veggies until smooth.

Place puree back on the stove and bring to a boil over low heat. Season with black pepper and a little hot pepper sauce (like Tabasco or Cholula). Serve immediately or refrigerate for later use.

Nutrition Information:

This recipe makes 4 servings. Each 1 and 1/2 cup serving contains 194 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 3 mg cholesterol, 166 mg sodium, 39 g carbohydrate, 8 g fiber, 11 g sugar, and 9 g protein.

Each serving also has 561% DV vitamin A, 200% DV vitamin C, 17% DV calcium, and 11% DV iron.

Chef's Tips:

You'll definitely want to show off this soup's bright orange color and creamy texture, so put it in a mug or bowl that really shows it off.

I serve this in onion soup crocks with whole grain crackers and salad for a light lunch.

Nutrition Lesson:

Orange vegetables like butternut squash and carrots are loaded with vitamin A, which promotes eye health.

BROUGHT TO YOU BY: