

WINTER SQUASH SOUP

Ingredients

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 1/2 tablespoons oregano (dried)
- 1 1/2 tablespoons basil (dried)

Directions

- In a large saucepan, warm oil over medium heat. Stir in onions, carrots and garlic. Cook for about 5 minutes, covered. Stir in the tomato puree, chicken broth, cooked squash, and herbs. Bring soup to a simmer and cook, covered, for 30 minutes.



Recipe from USDA MyPlate Kitchen