

Curried Squash and Sweet Potato Soup

In autumn, squash and root vegetables are easy to find at stores and markets. Canada's Food Guide recommends eating at least one orange and one dark green vegetable every day. This hearty soup will help to fight off the chill while providing important nutrients for a healthy body.



Ingredients:

2 Tbsp	Canola oil	30 mL
2 cloves	Garlic, crushed	2 cloves
1 small	Onion, chopped	1 small
1 medium	Butternut squash, peeled, seeded and chopped (about 4 cups)	1 medium
2 medium	Sweet potato, peeled and chopped	2 medium
2 cups	Water	500 mL
2 cubes	Low sodium chicken or vegetable bouillon cubes, crumbled	2 cubes
½ tsp	Ground ginger	2 mL
1 tsp	Curry powder	5 mL
1 Tbsp	Honey	15 mL
2 cup	1% milk	500 mL

Directions:

1. In a large nonstick pot or saucepan, heat oil over medium heat; add garlic and onion to the oil and cook until softened, about 5 minutes.
2. Add squash, sweet potato, water, bouillon, ginger and curry powder into the saucepan.
3. Reduce heat, cover and simmer for 30 minutes or until vegetables are tender.
4. Remove from heat and let cool. Puree in the blender or mash with a potato masher until smooth.
5. Return to pot. Stir in honey and milk.
6. Stir until heated through.

Makes 6 servings (500 mL/ 2 cups/ 320 g)

Note: You can substitute cooked squash with 2 cups (500 mL) of cooked or canned pumpkin puree.

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Nutrition Facts	
Per 1/6 of recipe (500 mL/ 2 cups/ 320 g)	
Amount	% Daily Value
Calories 180	
Fat 6 g	9 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 5 mg	
Sodium 75 mg	3 %
Carbohydrate 29 g	10 %
Fibre 3 g	12 %
Sugars 12 g	
Protein 5 g	
Vitamin A	610 %
Vitamin C	35 %
Calcium	15 %
Iron	8 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in saturated fat	1 g
Low in sodium	75 mg
Very high in potassium	632 mg
High in calcium	165 mg
High in magnesium	56 mg
High in folate	37 mg
Source of iron	1 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	¼
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Soup, Meal style) according to the Alberta Nutrition Guidelines.

Note: Using honey adds 3 g of sugar and 10 calories per serving.

Special equipment needed:

- Blender or food processor (or potato masher)