



A Nutrition Resource

BUTTERNUT SQUASH SOUP

Pressure Cooker Recipe

Yield: 8 Servings | Serving Size: 1/2 cups
Cost/Serving: \$1.39

Ingredients:

- 1 green bell pepper
- 1 Tablespoon butter
- 3 cloves garlic, finely chopped
- 1 can (14.5 oz) vegetable broth
- 1 Cup water
- 1 Butternut squash, peeled, cut into cubes and frozen (20-24 oz frozen package)
- 1 Teaspoon cumin
- 1 Teaspoon onion powder
- 1 Teaspoon coriander powder
- 1 Teaspoon turmeric
- 1/2 Teaspoon cayenne
- 1 can (13.5 oz) coconut milk
- Salt and pepper to taste

Directions:

- 1) Wash and dice green bell pepper and garlic.
- 2) Set pressure cooker to saute and add bell pepper, butter, and garlic, saute until peppers are soft.
- 3) Add broth, water, squash, and seasonings.
- 4) Set pressure cooker to high and cook for 10 minutes, then quick release pressure.
- 5) Add coconut milk.
- 6) Puree with immersion blender or transfer to blender and puree.
- 7) Add salt and pepper to taste.

Nutrition Facts

8 servings per container

Serving size 1/2 Cup (221g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 14g 18%

Saturated Fat 11.64g 58%

Trans Fat 0.058g

Cholesterol < 5mg 1%

Sodium 240mg 10%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 2g 4%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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