



WINTER PICK-ME-UP SOUP

Servings: 6+

Approximate cost of the recipe: \$8.87

Approximate cost per serving: \$1.47

healthy **habits**
EATING WELL ON A BUDGET

Ingredients:

- 1 butternut squash
 OR 3 cups frozen butternut squash
- 4 cups carrots fresh or frozen
- 2 stalks celery
- ½ yellow onion
- 2 tablespoons olive oil
- 4 cups vegetable broth
- 1 tablespoon garlic powder
- 1 teaspoon curry powder
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 2 cups water



About Healthy Habits

The Healthy Habits nutrition education program provides recipes and lifestyle tips to guests at member agencies so they can make healthy, delicious meals on a limited budget using ingredients often found on pantry shelves.

Directions:

1. Wash hands and surfaces.
2. Thoroughly rinse any fresh produce. Rough chop any fresh produce.
3. Preheat oven to 400°F. Place butternut squash, carrots, celery, and onion onto a baking sheet and drizzle with olive oil. Roast for 20-30 minutes or until fork tender. Allow to cool slightly.
4. Combine butternut squash, carrots, celery, onion, and vegetable broth into a blender and puree until smooth.
5. Pour pureed vegetables into a large pot over medium heat. Add in garlic powder, curry powder, ground ginger, ground nutmeg, and water. Stir to combine and bring to a boil. Reduce to a simmer and cook for 20-30 minutes.
6. Serve and enjoy!

For more great recipes, visit <https://rifoodbank.org/healthy-habits>.