

Creamy Almond Squash Soup



Prep Time: 10 minutes
Cook Time: 30 minute



Servings: 4 servings
Cost/Serving: \$1.65



Equipment

- Blender
- Knife
- Measuring cups
- Cutting board
- Large saucepan with lid
- Measuring spoons



Ingredients

1 tbsp	(15 mL)	Olive oil or canola oil
1 each		Medium onion, finely chopped
1 each	(600 g)	Butternut squash, peeled, seeded, cut into ½-inch cubes
¾ cup	(180 mL)	Ground almonds, blanched
2 ¾ cups	(560 mL)	Water
2 ¾ cups	(560 mL)	Vegetable broth, no salt added
1 tsp	(5 mL)	Salt
2 tsp	(10 mL)	Lemon juice
1 pinch		Dried parsley (optional)



Directions

1. Heat saucepan over medium heat. Add oil and onion and cook for 5 minutes, stirring occasionally.
2. Add squash and cook for 1 minute.
3. Add ground almonds, water, vegetable broth and salt. Cover pot with lid and bring to boil.
4. Reduce heat to medium low and simmer until squash is soft, about 15-20 minutes, stirring occasionally.
5. Working in batches, blend soup until creamy and smooth.
6. Stir in lemon juice.
7. Garnish with parsley, if desired.



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Tips

- 1) For a creamier consistency, replace water with milk.
- 2) Add additional lemon juice for extra zing!

Nutrition Facts

Valeur nutritive

Per 1 1/2 cups (360 g)
pour 1 1/2 tasses (360 g)

	% Daily Value*
	% valeur quotidienne*
Calories 160	
Fat / Lipides 11 g	15 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Monounsaturated / monoinsaturés 7 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	16 %
Potassium 450 mg	10 %
Calcium 100 mg	8 %
Iron / Fer 1.25 mg	7 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



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