



## Butternut Squash Soup

### Instructions:

Cook the onion and garlic in a bit of water for 5 minutes.

Add the butternut squash, yellow squash, basil, and water. Boil until the squash is soft.

Add the rest of the ingredients and boil for 30 minutes on medium to high heat.

Blend with a hand blender.

Let simmer for another 5 minutes.

**A 12 oz. bowl counts as 1 dinner side**

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### Prep Time:

10 minutes

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### Cook Time:

40 minutes

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### Ingredients:

1 onion - diced

2 cloves garlic - crushed

2 1/2 lbs. butternut squash -  
peeled, seeded, and diced

1/2 tsp. basil

2 cups water

2 tsp. chicken soup mix

dash nutmeg

3 small yellow squash - cut  
and diced