

# Autumn Squash Soup

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-squash-soup-recipe>

## Ingredients:

- 7/8 pound butternut squash peeled and cut into rough cubes of about 1.5 inches
- 2 1/8 cups squash Harlequin, or other squash of your choosing peeled and cut into rough cubes of about 1.5 inches
- 2 1/2 tablespoons olive oil
- 1 handful thyme sprigs fresh
- 1 large carrot 140g peeled and roughly chopped
- 1 onion large, 180g chopped
- 2 cloves garlic minced
- 1/2 teaspoon turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 1/8 cups vegetable stock
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 27 grams
3. Fat: 9 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 1110 milligrams
8. Sugar: 5 grams

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