

Classic Butternut Squash Soup

Yield: 6 min
Total Time: 80 min

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

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 carrot diced
- 1 celery stalk diced
- 1 onion diced
- 4 cups butternut squash cubed, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low sodium chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 260 milligrams
8. Sugar: 3 grams

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