

Lunch | Dinner

Fall Harvest Soup

Side Effect: Dry Mouth

20 Mins
Prep Time

35 Mins
Cook Time

4
Servings

151 Calories **3g** Fat **25g** Carbs **8g** Protein



Ingredients

4 Servings • Approx. 1½ Cups Serving Size • 55 Mins Total Time • Allergens: Dairy

- 1 Tbsp Extra Virgin Olive Oil
- 1 Yellow Onion, **rinsed** and finely chopped
- 2 Cloves of Garlic, minced
- 1 Red Bell Pepper, **washed**, seeded and chopped
- 1 Tbsp Fresh Rosemary, **washed** and minced
- ¼ Tsp Red Pepper Flakes
- 1 Bag (10 oz) Frozen Butternut Squash, **rinsed** ♡
- 4 Cups Low-Sodium Chicken Broth ♡
- 1 Can (15 oz) Cannellini Beans, **rinsed** and drained ♡
- 1 Parmesan Cheese Rind (optional)
- 1 Bunch Lacinato Kale, **washed** and roughly chopped ♡
- Salt and Pepper, to taste

Allergen Swap

Dairy Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome

Nourishment Note



♡ Chicken Broth

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.



♡ Butternut Squash

Butternut squash is a great source of vitamin A, potassium and fiber. It also provides folate, vitamin B-6, and vitamin E all important nutrients to helping you feel your best.



♡ Cannellini Beans

Cannellini beans are a good source of fiber to aid in digestive health.



♡ Kale

Kale is one of the most nutrient dense foods in the world. It is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains several types of antioxidants, which helps to protect healthy cells and may be anti-inflammatory.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Sauté Vegetables

Add oil to a large saucepan over medium heat. When oil is hot, add the onion, garlic, red pepper, rosemary, and red pepper flakes. Sauté until the onion and red pepper are tender, about 8 minutes.

3. Add Squash

Add the squash and season with salt and pepper. (If using fresh squash, cook, stirring occasionally, until the squash begins to soften, about two minutes.)

4. Boil & Simmer

Add the chicken broth, beans and parmesan cheese rind. Bring to a boil, then reduce the heat to medium-low and simmer, stirring occasionally, for 20-25 minutes.

5. Add Kale

Add the kale and simmer until wilted, about 2 minutes.

6. Serve & Enjoy

Salt and pepper, to taste. Thin with more broth if desired.

7. Store

Store leftover soup in the fridge within 2 hours. Soup will keep in the refrigerator for up to 2 days in a covered container.

8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Saucepan



Spoon



Ladle

Can Opener

Fatigue Buster

- Purchase frozen or pre-chopped, fresh butternut squash.
- Purchase pre-chopped onions.
- Use a kale and herb stripping tool to strip the kale leaves off the ribs.
- Use a mezzaluna to chop rosemary and kale.
- Ask a friend or family member to help prepare this dish.

Recipe credited from [williams-sonoma.com](https://www.williams-sonoma.com)