

Lunch | Dinner

# Butternut Squash Soup

Side Effect: Trouble Swallowing

**10 Mins**  
Prep Time

**30 Mins**  
Cook Time

**6-8**  
Servings

**176 Calories** **7g Fat** **36g Carbs** **5g Protein**



## Ingredients

6-8 Servings • 1 Cup Soup with ½ Cup Quinoa Serving Size

40 Mins Total Time

Allergens: None

2 Tbsp Extra Virgin Olive Oil

1 Yellow Onion, thinly sliced

2 Cloves Garlic, minced

2 lbs Butternut Squash, peeled and cubed

1 Granny Smith Apple, washed, peeled, cored and thinly sliced

2 Cups Low-Sodium Chicken Stock (add more liquid for a thinner consistency)

2 Bay Leaves

1 Tsp Rosemary, dried

1 Tsp Oregano, dried

½ Tsp Nutmeg, dried

1½ Cups Cooked Quinoa

Salt and Pepper, to taste



### Soups

Soups are an excellent choice for those with swallowing issues, as they can be thickened or thinned based on individual needs.



### Nutmeg

Nutmeg contains a compound called myristicin, which may fight tumor growth in the body.



### Quinoa

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.

## Instructions

### 1. Wash Hands

Before beginning soup, wash hands thoroughly.

### 2. Combine and Cook Ingredients

In a large pot, over medium-heat, heat the extra virgin olive oil. Add the onion and cook until soft, about 5 minutes. Stir in the garlic. Add the butternut squash, apple, broth, bay leaves, spices, and salt and pepper. Stir. Bring the mixture to a boil, then reduce heat to medium-low. Cover pot halfway and allow to simmer for 30 minutes.

### 3. Blend Ingredients

Remove the bay leaves. Using an immersion blender, puree the soup directly in the pot until smooth. (Or carefully pour into a blender, or food processor, and puree).

### 4. Add Quinoa

Add ½ cup quinoa to the bottom of the bowl, ladle soup over top and enjoy.

### 5. Wash Dishes

Remember to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands when finished.

Recipe adapted from: [williams-sonoma.com](http://williams-sonoma.com)

## What You'll Need



Large Pot with Lid



Wooden Spoon



Knife



Cutting Board



Measuring Spoons



Measuring Cups



Immersion Blender, Blender, or Food Processor

### Fatigue Buster

- Use frozen, cubed butternut squash or a 2 pound can of butternut squash puree.
- Use pre-chopped onion and garlic.
- Purchase frozen, microwavable quinoa.
- Freeze leftover soup in an airtight container for up to three months.