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Easy Butternut Squash Soup

Yield: 3 servings Prep Time: 10 min. Cook Time 20 min.

Ingredients

- 1 squash
- 2 cups (500 mL) water
- 2 cups (500 mL) milk
- 2 tablespoons (30 mL) butter
- 1 tablespoon (15 mL) sugar
- Pepper/salt, to taste



Directions

Use fork or paring knife to poke holes all over the skin of the squash.

Put it in the microwave for 2 minutes.

Cut the squash into 5 pieces and cut the peel out using a knife.

Use a spoon to scoop out and discard the seeds and stringy pulp. Discard.

Put pieces of the peeled butternut squash into a microwave-safe baking dish with a lid.

Add water and then microwave for 10 minutes.

Add milk, butter, sugar and stir them.

Microwave for another 10 minutes and then use a food processor or blender to puree the mixture until smooth.



Photos: [Flickr, Trish and Philip Simpson-Boulsbee](#)
Playingwithflour.blogspot.com



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