

Squash & Ginger Soup

Source: Mark Bittman's Kitchen Matrix

Prep	Cook	Total
10 min	20 min	30 min

Serving: 4

Pretty and satisfying. A once in awhile treat.
Loaded with vitamin A + nice amount C and the B's.

Ingredients

1 medium **onion** *chopped*
1 tablespoon **minced fresh ginger**
3 cups **water**
 $\frac{1}{4}$ teaspoon **sea salt**
 $\frac{1}{8}$ teaspoon **black pepper** *fresh ground*
4 cups **butternut squash** *peeled and chopped*
1 cup **half and half**

Directions

Put onion, ginger, water, salt and pepper into a pot over high heat. Bring to a boil, cover, reduce heat and simmer until the onion is tender, about 10 minutes.

Add squash and cook until tender, about 8-10 minutes. Add half and half and puree.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 154 **Protein:** 3 g **Sugar:** 7 g **Carbohydrate:** 22 g **Fat:** 7 g **Cholesterol:** 22 mg **Sodium:** 156 mg **Fiber:** 3 g