

# Spiced Butternut Squash, Orange Soup

Serving Size: 8 fl oz

Makes: 5 servings

## Ingredients:

1 TBSP	Canola Oil
5 ¼ oz	Onions, chopped
5 ¼ oz	Carrots, chopped
2 ¾ oz	Leeks, sliced
¼ tsp	Cumin Seed
¾ tsp	Garam Masala
1/8 tsp	Saffron Spice
1/8 tsp	Turmeric
1 TBSP	Ginger Root, minced
1 lb	Butternut Squash, chopped
2 tsp	Orange Zest
¼ cup	Orange Juice
2 cup	Vegetable Broth, Low Sodium
1/3 cup	Sour cream, Low Fat
¾ tsp	Salt
1/8 tsp	Black Pepper

## NUTRITION FACTS PER SERVING

calories	130
total fat (g)	5
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	340
total carbohydrate (g)	20
dietary fiber (g)	3
sugar (g)	6
protein (g)	2



## Preparation:

1. Heat oil in a pot. Add onions, carrots, and leeks. Sweat until vegetables are softened. Stir in cumin, garam masala, saffron, turmeric, and ginger root. Continue cooking until spices are toasted and fragrant, 1-2 minutes.
2. Stir in butternut squash, orange zest, orange juice, and vegetable broth. Bring to a simmer and cook until vegetables are very tender, about 30 minutes.
3. Remove soup from heat. Add sour cream, salt, and pepper.
4. Puree soup until smooth using an immersion blender. Keep hot, do not simmer.



BLOG

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