

FIT

FLIK Curried Butternut Squash and Lentil Soup

Portion Size: 8 fl oz

Recipe Yield: 12

Olive Oil	1 TBSP	Curry Powder	1 ½ TBSP
Yellow Onion, Chopped	¾ cup	Butternut Squash, Peeled, Chopped	2 pounds
Celery, Chopped	¾ cup	Dry Lentils	5 oz wt
Carrots, Peeled, Chopped	½ cup	Low Sodium Vegetable Broth	1 ½ qts
		Salt	2 ¼ tsp

1. Heat oil in a large stock pot. Add onions, celery, and carrots. Cook until lightly caramelized. Stir in curry powder. Cook for an additional 1-2 minute, or until curry is very fragrant.
2. Stir in butternut squash, lentils, vegetable broth, and salt. Bring up to a simmer and cook until butternut squash and lentils are very tender.
3. Puree with an immersion blender until smooth.

Chef's Note: If soup is not completely smooth, soup needs to be cooked more. Return soup to heat and re-puree.

Nutrition Info (per serving):

Cal: 110; Total Fat: 2g; Sat Fat: 0g; Sodium: 430mg; Carbs: 21g; Protein: 4g; Fiber: 4g; Sugar: 3.5g

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FLIK Roasted Tomato, Cannellini Bean Soup

Portion Size: 8 fl oz

Recipe Yield: 12

Plum Tomatoes	4 lbs	Cannellini Bean (Canned)	20 oz wt
Shallots, Minced	3-1/2 oz wt	Red Pepper Flakes	½ tsp
Garlic, Minced	2-1/2 tsp	Black Pepper	½ tsp
Thyme Leaves	2 ½ tsp	Salt	3 tsp
Canola Oil	3 TBSP	Basil, Fresh, Chopped	4 TBSP
Low Sodium Vegetable Broth	4 ¼ cups		

1. Core and half tomatoes. In a large bowl toss together tomatoes, shallots, garlic, thyme and oil. Place on parchment lined sheet trays and roast in a 375°F oven until tomatoes are lightly browned, about 15 minutes.
2. Place roasted tomatoes and shallots in a large stock pot with vegetable broth, and cooked beans. Add red pepper, black pepper, and salt. Bring up to a simmer for about 15 minutes.
3. Puree with an immersion blender until smooth. Stir in basil

Nutrition Info (per serving):

Cal: 120; Total Fat: 2g; Sat Fat: 0g; Sodium: 490mg; Carbs: 20g; Protein: 6g; Fiber: 5g; Sugar: 5g

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FLIK Acorn Squash Soup

Portion Size: 8 floz

Recipe Yield: 12 servings

Acorn Squash	5 lbs	Fresh Sage, Chopped	4 tsp
Canola Oil	4 tsp	Black Pepper	2/3 tsp
Yellow Onion, Chopped	1 cup	Salt	4 tsp
Carrots, Chopped	1 cup	Low Sodium Vegetable Broth	4 ½ qts

1. Peel and seed squash. Cut squash into 1" cubes.
2. Heat oil in a large soup pot. Add onions and carrots, cook until lightly browned.
3. Stir in squash, sage, salt, pepper and broth. Simmer until squash is very tender, about 25 minutes.
4. Puree soup until smooth with an immersion blender (can also use a standard blender).

Nutrition Info (per serving):

Cal: 110; Total Fat: 2g; Sat Fat: 0g; Sodium: 285mg; Carbs: 25g; Protein: 2g; Fiber: 7g; Sugar: 2g

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FLIK Broccoli, White Bean, Cheddar Soup

Portion Size: 8 floz

Recipe Yield: 12

Canola Oil	2 tsp	Low Sodium Vegetable Broth	1 ½ qts
Yellow Onion, Chopped	¾ cup	Northern Beans (Canned)	18 oz wt
Leeks, Chopped	½ cup	Broccoli, Fresh Florets	3 oz
Celery, Chopped	½ cup	Salt	2 tsp
Broccoli, Fresh Chopped	2 lbs	Cheddar Cheese, Reduced Fat	5 oz

1. Heat oil in a stock pot. Add onion, leeks, and celery. Sweat until onions are translucent.
2. Add chopped broccoli, vegetable broth, and beans. Bring up to a simmer and cook until broccoli is very tender, about 20 minutes.
3. Puree until very smooth. Note: If texture is not completely smooth, vegetables need to be cooked more.
4. Add broccoli florets to pureed soup and return pot to a simmer until florets are tender.
5. Shred cheddar. Stir in salt and cheddar.

Nutrition Info (per serving):

Cal: 130; Total Fat: 3.5g; Sat Fat: 2g; Sodium: 460mg; Carbs: 16g; Protein: 8.5g; Fiber: 5g; Sugar: 2.5g

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