Winter Squash Soup

Try this delicious soup with acorn squash, pumpkin, butternut squash, crookneck squash, or a variety of winter squash that you grow in your garden.

Makes: 6 servings

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, chopped
- 2 medium carrots, chopped
- 2 cloves garlic, minced
- 1 cup tomatoes, chopped
- 5 cups low-sodium chicken or vegetable broth
- 4 cups winter squash, cooked
- 1 ½ tablespoons fresh oregano
- 1 ½ tablespoons fresh basil

Directions

1. In a large saucepan, heat?oil over medium heat.
2. Stir in onions, carrots, and garlic.
3. Cook for about 5 minutes.
4. Stir in the tomatoes, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Recipe from: *From the Farm to the Table*, University of Connecticut Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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