BUTTERNUT SQUASH SOUP

INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, chopped
- 1/2 tsp salt
- 1 butternut squash, cubed
- 3 garlic cloves, chopped
- 1 Tbsp sage
- 1/2 Tbsp rosemary
- 1 tsp ginger
- 3-4 cups vegetable broth
- Black pepper

DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onion and salt and sauté 5-8 minutes.
2. Add squash and cook 8-10 minutes, stirring occasionally.
3. Add garlic and herbs and cook 1 minute.
4. Add broth, bring to a boil and simmer 20-30 minutes.
5. Blend in batches until smooth
6. Season and serve.



Serves: 6
Serving Size: 1 1/2 cups
Calories: 190
Protein: 4g
Fiber: 5g

Recipe courtesy of loveandlemons.com