

# Jane Maksoud's RN MA

## Butternut Squash Soup with Toasted Pepitas/Pumpkin Seeds

**Ingredients**      248 calories per serving    Cost per Serving \$3.00 per serving

Makes 4 servings

2 tsp extra virgin olive oil

1 medium yellow onion, chopped

1 small Gala apple, cored and chopped

1 carrot, diced

1 celery stalk, diced

2 cloves garlic, minced

3/4 tsp ground cumin

5 cups cubed butternut squash (about 2-1/4 pounds)

5 cups vegetable broth

1/2 tsp salt

1/2 tsp ground pepper

3 Tbsp minced cilantro

1/3 cup pepitas or pumpkin seeds

1/2 tsp olive oil

1/4 tsp paprika

1/4 tsp ground cumin

1/4 tsp salt

### Preparation

**For the Pepitas:** In a small bowl, toss the pepitas, olive oil, paprika cumin and salt. Add the coated pepitas to a medium pan and toast in until the pepitas are golden brown, about 5 minutes.

**For the Soup:** Heat the olive oil in a large saucepan set over medium heat.

Add the onion, apple, carrot and celery to the saucepan and cook until the vegetables are starting to soften, about 5 minutes. Add the garlic and cumin, and cook for an additional 30 seconds. Stir in the butternut squash and broth. Bring to a boil over high heat, then reduce heat and simmer until the butternut squash is tender, about 30 minutes.

Let the mixture cool for about 10 minutes. Using an immersion blender, a regular blender or a food processor, puree the soup until it is smooth. Serve in mug or bowl. Garnish each helping with spiced pepitas and cilantro.