

## UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

### Butternut Squash Soup

#### **Ingredients:**

1 large squash or 7-8 cups cubed  
1 red bell pepper, roughly chopped  
1 medium yellow onion, roughly chopped  
3 cloves garlic, smashed and peeled  
7 cups water  
1 tablespoon salt  
2 tablespoons sugar  
½ cup heavy cream  
Fresh thyme sprigs, for garnish (optional)



#### **Preparation:**

1. Combine all of the ingredients, except for the heavy cream in a large soup pot.
2. Bring to a boil, then cover and simmer for 30-35 minutes.
3. Cool the soup slightly and purée the soup until silky smooth.
4. Stir in the heavy cream and bring to a simmer.
5. Taste and adjust seasoning to liking.
6. Garnish with fresh chopped thyme or thyme sprigs, if desired.

More recipes from UofL Health Promotion Office:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)