

Creamy Butternut Squash & Tomato Soup



Preparation time: 20 min

Difficulty: Easy

Condiment

- Cumin: 1 tsp
- Dried Parsley: 1/4 tsp
- Garlic: 2 cloves
- Nutmeg: 1/4 tsp
- Nutritional Yeast: 1.5 tbsp
- Plain Greek Yogurt: 1/2 cup
- Salt: 1/2 tsp
- Vegetable Broth: 1 cup

For this recipe we used:

Strained Tomatoes 26.46oz



Vegetables

- Butternut Squash: 2 cups

Preparation

Say hello to your new go-to dish! This creamy butternut squash & tomato soup made with Pomi Strained Tomatoes, topped with toasted sunflowers seeds and kale, this ultimate healthy comfort food!

Instructions

1. In a large blender or food processor combine squash, tomatoes, stock and garlic cloves. Blend until it is a uniformly smooth consistency.
2. Transfer tomato mixture to a medium sized pot and heat on medium-low heat.
3. Add nutritional yeast, cumin, salt, nutmeg and parsley to the pot and simmer for 1-2 minutes, allowing the flavors to combine.
4. Next, slowly add in the greek yogurt and stir until evenly distributed and color is uniform.
5. Serve warm. Garnish with additional yogurt if desired.

Notes

To cook squash you can roast it in the oven for ~45-60 minutes, or microwave it in a bowl of water for 5 minutes. Other optional garnishes: roasted pepitas and additional parsley.