



## **Butternut Squash Bisque**

Makes 6 servings | Serving size: 1 cup

### **Ingredients Needed:**

- 1 large butternut squash or 1 (20 oz.) bag frozen butternut squash
- ½ cup scallions, chopped
- 3 cups low-sodium vegetable or chicken broth
- 2 carrots, peeled and sliced
- 1 apple, chopped
- 1 potato, peeled and chopped
- 1 large onion, chopped
- 2 cloves garlic (or 1 tablespoon minced garlic)
- 1 teaspoon dried oregano
- ½ teaspoon dried rosemary
- 5 oz. fat-free evaporated milk

### **Directions:**

1. Wash, peel, seed, and coarsely chop the squash. Disregard this step if using frozen squash.
2. In a 3-quart saucepan, combine scallions, squash, broth, carrots, apples, potatoes, onions, parsley, garlic, oregano and rosemary.

Cover and cook over medium heat until the vegetables are tender, about 30-minutes.

3. Puree soup in a blender or use an immersion blender, working in batches.
4. Stir in the milk, adding more if the bisque is too thick.