

Chickpea, Butternut Squash, and Corn Soup

Prep Time 15 mins
 Total Time 45 mins
 Meal Type Lunch, Dinner, Side
 Contributed By



Source Living Plate Teaching Kitchen

Servings 6



Ingredients

lb,c g,ml

- 1 medium onion, *chopped*
- 1 tsp rosemary, fresh, *chopped*
- 2 cloves garlic, *minced or pressed*
- 2 cups butternut squash, *peeled and cubed*
- 2 Tbs olive oil
- 1 tsp turmeric, ground
- 3 cups chickpeas, canned, *drained and rinsed*
- 4 cups vegetable broth
- 2 cups corn, frozen, *defrosted*
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Chop onion, and rosemary, and mince the garlic.
2. If you purchase a whole butternut squash, peel, and cube. You can also use pre-cut or frozen.

Make

1. Add olive oil to a large soup pot and over medium heat sauté onion until soft and fragrant.
2. Add turmeric, garlic, and rosemary and stir for about 1 minute to coat the onions.
3. Add the rest of the ingredients, except the corn, and cover with vegetable broth.
4. Reduce heat and simmer with the lid on for 20 minutes, stirring occasionally.
5. Transfer half of the soup to a blender, purée until smooth and add it back to the pot along with the corn.
6. Stir and season with salt and pepper to taste.
7. Garnish with a drizzle of olive oil and a sprinkle of red pepper flakes if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	273	Total Fat 3.8g	5%	Total Carbohydrates 42g	13%
		Saturated Fat 0.3g	1%	Dietary Fiber 10g	39%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 0mg	0%	Protein 11g	
		Sodium 272mg	11%		
Vitamin D 0mcg 0% · Calcium 68mg 6% · Iron 2mg 9% · Potassium 406mg 8%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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