



Squash and Turmeric Soup

Serves: 6 servings

Active time: 40 minutes

Ingredients

4 cups zucchini squash, large diced
4 cups yellow squash, large diced
1 medium onion, sliced
4 cups vegetable broth
½ cup frozen green peas
Salt to taste
2 tsp turmeric powder



Directions

- In a saucepan, bring broth to boil, then reduce to medium heat.
- Stir in the squashes and onion simmer for 25 minutes
- Add the green peas, and salt; simmer for additional 5 minutes.
- Remove pan from heat and let soup cool a bit.
- Use a blender to combine ingredients into a smooth consistency.
- Serve.

NUTRITIONAL DATA PER SERVING (1 serving): calories 80 | fat 2g | saturated fat 0.20g | cholesterol 0.20mg | sodium 210mg | carbohydrates 10g | fiber 2.8g | protein 4g | potassium 504mg | phosphorus 138 mg