



Autumn Squash Bisque



FoodHero.org

Ingredients



- 2 tsp oil
 - 2 cups sliced onions
 - 2 lbs winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
 - 2 pears, peeled, cored, and diced
 - 2 cloves garlic, peeled and crushed
 - 1 tsp powdered ginger
 - 1/2 tsp thyme
 - 4 cups chicken or vegetable broth
 - 1 cup water
 - 1 Tbsp lemon juice
 - 1/2 cup plain non-fat yogurt
- Yield: 10 cups
Serving Size: 1 cup



Directions



1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender.
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2 hours.

Estimated Price:

Yield (10 cups): \$5.97

Serving Size (1 cup): \$0.59

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Autumn Squash Bisque



FoodHero.org

Ingredients



- 2 tsp oil
 - 2 cups sliced onions
 - 2 lbs winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
 - 2 pears, peeled, cored, and diced
 - 2 cloves garlic, peeled and crushed
 - 1 tsp powdered ginger
 - 1/2 tsp thyme
 - 4 cups chicken or vegetable broth
 - 1 cup water
 - 1 Tbsp lemon juice
 - 1/2 cup plain non-fat yogurt
- Yield: 10 cups
Serving Size: 1 cup



Directions



1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender.
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2 hours.

Estimated Price:

Yield (10 cups): \$5.97

Serving Size (1 cup): \$0.59

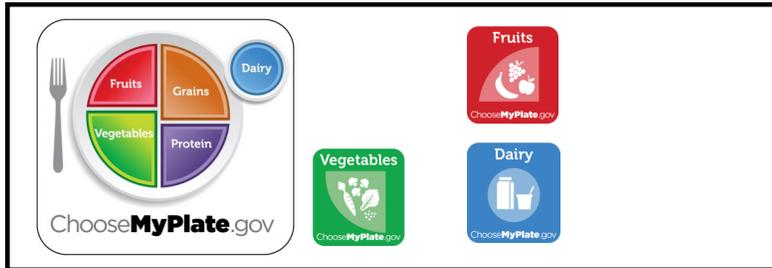
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



- Try with different types of winter squash!
- Mix and match seasonings to discover your favorite savory taste.

Nutrition Facts



Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 10	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 170%	Vitamin C 35%
Calcium 6%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

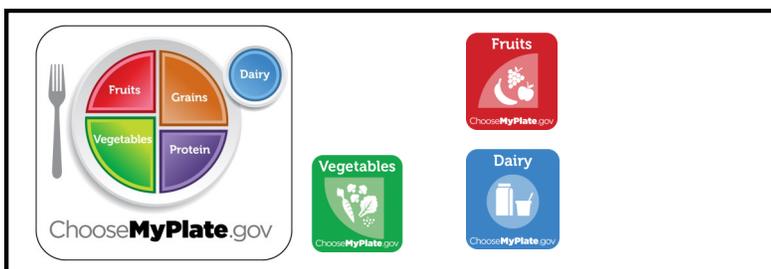
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips



- Try with different types of winter squash!
- Mix and match seasonings to discover your favorite savory taste.

Nutrition Facts



Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 10	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 170%	Vitamin C 35%
Calcium 6%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Second Harvest is an equal opportunity provider.