



Butternut 'n Kale Soup



1/10th of recipe (about 1 cup): 74 calories, 1g total fat (0g sat. fat), 487mg sodium, 14.5g carbs, 3g fiber, 5.5g sugars, 2.5g protein

Prep: 15 minutes **Cook:** 45 minutes



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Ingredients

8 oz. (about 3 cups) frozen chopped kale
4 cups vegetable broth
4 cups creamy butternut squash soup with 100 calories or less per serving
3 cups chopped mushrooms
2 cups chopped red bell pepper
1 cup chopped onion

Seasonings

2 tsp. garlic powder
1 tsp. ground cumin
1/4 tsp. black pepper

Directions

Place kale in a blender. Add 3 cups broth, and puree until smooth.

Transfer blended kale to a large pot. Add butternut squash soup, veggies, seasonings, and remaining cup broth. Bring to a boil.

Reduce to a simmer. Cover and cook for 30 minutes, or until veggies are soft.

MAKES 10 SERVINGS

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