



UNIVERSITY OF ILLINOIS
EXTENSION

Recipe provided by:
Susan Glassman, MS Ed.
Extension Educator, Nutrition and Wellness
Serving Bureau, LaSalle, Marshall and Putnam Counties

Autumn Vegetable Soup

Ingredients

- 1 Tablespoon olive oil
- 1 large onion, finely chopped
- 1 red bell pepper, chopped
- 2 teaspoon dried rosemary
- ¼ teaspoon red pepper flakes
- 2 pounds butternut or other hard-shelled squash
- 4 cups low-sodium low fat chicken broth
- 1 – 15 ounce can cannellini beans, rinsed and drained
- 1 bunch Swiss chard, tough stems removed, coarsely chopped



Directions

1. Warm oil in a large saucepan over medium heat. Add the onion, bell pepper, rosemary, and pepper flakes. Sauté until the onion and bell pepper are tender, about 12 minutes.
2. Add the squash and cook, stirring frequently, about 2 minutes.
3. Add the 4 cups broth and the beans. Bring to a boil, reduce the heat to simmer, stirring occasionally, about 25 minutes.
4. Add the chopped chard and simmer until wilted, about 5 minutes. Thin the soup with more broth if desired.
5. Preparation time: 5-10 minutes

Serves 6

Nutrition Facts: Calories 175, Total Fat 4g, Cholesterol 0g, Sodium 345mg, Carbohydrate 30g, Dietary Fiber 7g, Protein 10g