
SOUTH OF THE BORDER SOUP

Serves 8

2 Tbsp. margarine or butter
2 medium onions, chopped
½ c. (1 medium) carrot, chopped
2 cloves garlic, chopped
2½ lb. (1) butternut squash, peeled, seeded, and cubed
2 jalapeño peppers, seeded and chopped
5 c. low-sodium chicken broth
1 c. tomato puree
Salt
Black pepper, freshly ground
Lime wedges, for serving

In a large saucepan, melt the margarine over medium heat. Add the onions, carrot, and garlic and cook for 3 minutes. Cover the pan. Reduce the heat to low and cook for 3 or 4 minutes longer, or until the vegetables are soft. Stir in the butternut squash, jalapeños, chicken broth and tomato puree.

Bring to a simmer; cook for 30 minutes.

Mash the squash to a chunky puree with a potato masher or the back of a spoon.

Season to taste with salt and black pepper.

Ladle into bowls and pass lime wedges separately to be squeezed into each bowl of soup.

*Each serving provides an excellent source of vitamin A and vitamin C, and a good source of folate, magnesium, potassium and fiber.

Credit: Fruits and Veggies More Matters