



Cornell University
Cooperative Extension
New York City



Butternut Squash Soup

Yields 4 servings (1 cup each)

Ingredients

- 1 large butternut squash, peeled, and chopped (or 3 cups chopped)
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- ½ teaspoon curry
- ½ teaspoon black pepper
- ½ cilantro bunch or ½ cup fresh cilantro, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 cups tap water

Instructions

1. Wash all vegetables with cold, running water. Carefully wash the cilantro in a bowl full of water and rinse the bowl several times.
2. Peel and chop the butternut squash into small cubes. Finely chop the onion and garlic. Chop the cilantro and set aside.
3. Put olive oil in a skillet in medium heat. Put the onion and garlic and sauté with the curry and black pepper for 1-2 minutes.
4. Add the butternut squash and 1 cup of water. Cover the skillet and let it cook for 8-10 minutes. Check with a fork if the squash gets tender. Once it's tender you can turn the heat off.
5. Add the cooked squash, onions, garlic and one cup of water to a blender. Blend for 5 minutes until you reach a puree consistency.
6. Serve the soup and top with fresh chopped cilantro. Store leftovers in refrigerator for up to two days.

Helpful Information

- This recipe can be made in the oven! On a baking sheet, add the chopped butternut squash, onion, garlic, curry, and black pepper. Drizzle olive oil on top. Bake in the oven at 400F for 40 minutes. After the squash is tender, take it out from oven and blend the ingredients until you get a puree consistency.
- One cup of cooked butternut squash gives you 100% of the daily recommended amount of vitamin A. Eating butternut squash strengthens your immunity, keeps your blood pressure in check and can keep your blood sugar from rising after eating.

Source: CUCE-NYC FMNP Recipe Collection 2023

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	4 servings
Serving size	1 cup
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 540mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.





Cornell University
Cooperative Extension
New York City



Sopa de Calabaza

Rinde 4 porciones (1 taza cada una)

Ingredientes

- 1 calabaza o “butternut squash” grande, pelada y cortada (o 3 tazas)
- 1 cebolla roja, finamente picada
- 3 dientes de ajo, finamente picados
- ½ racimo de cilantro o ½ taza de cilantro fresco, finamente picado
- ½ cucharadita de curry
- ½ cucharadita de pimienta negra
- 2 cucharadas de aceite de oliva extra virgen
- 2 tazas de agua

Instrucciones

1. Lave todos los vegetales con agua fria corriente. Lave el cilantro en un tazón lleno de agua y enjuague el tazón varias veces.
2. Pele y corte la calabaza en cubitos pequeños. Pique la cebolla y el ajo finamente. Corte el cilantro y déjelo a un lado.
3. Ponga aceite de oliva en un sartén a fuego mediano. Ponga la cebolla y el ajo y sofríalo con el curry y la pimienta negra por 1-2 minutos.
4. Agregue la calabaza y ½ taza de agua. Cubra el sartén y déjelo cocinar de 8 a 10 minutos. Revise con un cubierto si la calabaza se pone suave. Cuando esté suave la calabaza, apague el fuego.
5. Agregue la calabaza cocinada, la cebolla, el ajo y una taza de agua a la licuadora. Licue por 5 minutos hasta que se haga un puré.
7. Sirva la sopa y póngale cilantro fresco encima. Guarde lo que sobre en el refrigerador por hasta 2 días.

Información Útil

- Se puede hornear esta receta! En una bandeja de hornear, agregue la calabaza cortada, la cebolla, el ajo, el curry, y la pimienta negra. Rocíe todo con aceite de oliva. Hornee a 400 F por 40 minutos. Cuando este suave la calabaza saquela del horno y licue los ingredientes hasta que se haga un puré.
- Una taza de calabaza cocinada le da el 100% del Valor Diario recomendado de vitamina A. Comer calabaza puede fortalecer su inmunidad, mantener bien su presión sanguínea, y evitar que su azúcar en la sangre suba después de comer.

Source: CUCE-NYC FMNP Recipe Collection 2023

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	4 servings
Serving size	1 cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 540mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

