



THE J.M. SMUCKER Co

Squash and Sweet Potato Soup

Prep Time Cook Time Serves Difficulty

15 mins 30 mins 8 N/A

Ingredients

- 1 tbsp (15 mL) Canola or Vegetable Oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tbsp (15 mL) chopped fresh ginger
- 1/4 tbsp (5 mL) red pepper flakes (optional)
- 5 cups (1.2 L) butternut squash (about 2 lbs / 1 kg), peeled and cut into 1/2-inch (1.3 cm) pieces
- 3 cups (375 mL) sweet potato, (about 1lb / 500 g), peeled and cut into 1/2-inch (1.3 cm) pieces
- 1 medium carrot, peeled and cut into 1/2-inch (1.3 cm) pieces
- 4 cups (1 L) chicken stock, vegetable stock or water
- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

2% Evaporated Partly Skimmed Milk

- salt and pepper to taste

Directions

Step 1:

Heat oil in a large saucepan or Dutch oven on medium heat. Add onion, garlic, ginger and red pepper flakes. Cook on low for 3-5 minutes, until tender and fragrant.

Step 2:

Add squash, sweet potato and carrot and cook for 2-3 minutes. Add stock and bring to a boil. Cover pot, reduce heat and simmer for 30 minutes or until vegetables are tender.

Step 3:

Puree soup in blender, food processor or with immersion blender. Return to heat. Stir in **Carnation®** Evaporated Milk. Taste and adjust seasoning if necessary.

If you are unsure if any of your guests are vegetarian just use vegetable stock or water when making the soup.

Make extra soup and freeze in 2 cup (500 mL) containers so you and your family can have homemade soup any time.

Images

