



A Nutrition Resource

# BUTTERNUT SQUASH SOUP

## Pressure Cooker Recipe

**Yield: 8 Servings | Serving Size: 1/2 cups Cost/  
Serving: \$1.39**

### Ingredients:

- 1 green bell pepper
- 1 Tablespoon butter
- 3 cloves garlic, finely chopped
- 1 can (14.5 oz) vegetable broth
- 1 Cup water
- 1 Butternut squash, peeled, cut into cubes and frozen (20-24 oz frozen package)
- 1 Teaspoon cumin
- 1 Teaspoon onion powder
- 1 Teaspoon coriander powder
- 1 Teaspoon tumeric
- 1/2 Teaspoon cayenne
- 1 can (13.5 oz) coconut milk
- Salt and pepper to taste

### Directions:

- 1) Wash and dice green bell pepper and garlic.
- 2) Set pressure cooker to saute and add bell pepper, butter, and garlic, saute until peppers are soft.
- 3) Add broth, water, squash, and seasonings.
- 4) Set pressure cooker to high and cook for 10 minutes, then quick release pressure.
- 5) Add coconut milk.
- 6) Puree with immersion blender or transfer to blender and puree.
- 7) Add salt and pepper to taste.

## Nutrition Facts

8 servings per container

**Serving size** 1/2 Cup (221g)

**Amount Per Serving**

**Calories** 170

% Daily Value\*

<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 11.64g	<b>58%</b>
Trans Fat 0.058g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) 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.

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Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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