



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Butternut and Quinoa Soup*

Recipe Summary:

Preparation Time: 50 minutes

Ingredients:

- 1 tbsp olive oil
- 1/2 cup chopped onions
- 2 cups peeled, seeded, cubed into bite-sized bits butternut squash
- 1 cup frozen or canned corn
- 1/2 cup chopped red pepper
- 1/4 cup peanut butter, creamy or chunky
- 1 cup water
- 1 tsp cumin
- 1/2 stp salt
- 28 oz of vegetable broth
- 1/2 cup quinoa, rinsed
- hot sauce to taste
- 2 tbsp finely minced cilantro

Directions:

Heat oil in a large saucepan or dutch oven over medium heat. Add onions, cooking slowly until soft and yellow in color. Stir in squash, corn, and red pepper and cook for five more minutes. Blend the peanut butter, water, cumin, and salt with a whisk until combined. Add to the vegetables in the pan then stir in the broth and the quinoa. Bring to a boil; reduce to a simmer. Cover and simmer 10 to 15 minutes or until quinoa is tender. Remove from heat, stir in the cilantro, cover and let sit for 10 minutes to allow soup to thicken. Season to taste with hot sauce is desired.

* This recipe came from a magazine ad for peanut butter.

Nutritionist Notes:

- High in manganese
- High in niacin
- High in Vitamin A
- High in Vitamin C

To decrease calories from fat in recipe (currently at about 43%):

- May want to decrease olive oil to 1tsp or use pan spray

To decrease sodium in recipe:

- May want to use low-sodium vegetable broth
- May want to use fresh corn vs. frozen or canned
- May want to use hot sauce sparingly