



Bean and Butternut Squash Soup



Gluten Free



Dairy Free

READY IN



585 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 3 large bay leaves
- ☐ 2 pounds butternut squash peeled seeded cut into chunks
- ☐ 2 cups carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 2 cubes chicken bouillon
- ☐ 12 ounce mild chicken sausage pre-cooked cut into bite-size pieces
- ☐ 1 pound cannellini beans dried

- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.8 teaspoon ground pepper black
- ☐ 0.8 teaspoon ground pepper white
- ☐ 1 onion chopped
- ☐ 2.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 2 quarts water

Equipment

- ☐ pot
- ☐ slotted spoon
- ☐ immersion blender

Directions

- ☐ Place Great Northern beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- ☐ Drain.
- ☐ Heat oil in a large pot over medium heat; cook and stir onion and garlic in the hot oil until onion is translucent, 5 to 10 minutes.
- ☐ Add bay leaves and cook until fragrant, about 1 minute.
- ☐ Mix beans, water, and bouillon into onion mixture; bring to a boil. Reduce heat, cover pot, and simmer, stirring occasionally, until beans are tender, about 1 hour.
- ☐ Stir squash, carrots, celery, salt, black pepper, white pepper, ginger, and allspice into broth mixture; simmer until squash and carrots are tender, about 20 minutes.
- ☐ Remove bay leaves from broth mixture and discard. Scoop 2 to 3 cups of vegetable-bean mixture using a slotted spoon from broth; blend broth and remaining vegetable-bean mixture using a hand blender until smooth. Return the vegetable-bean mixture to broth mixture and stir in sausage. Simmer soup until sausage is cooked through, 5 to 10 more minutes.

Nutrition Facts



 PROTEIN **20.7%**  FAT **23.18%**  CARBS **56.12%**

Properties

Glycemic Index:22.85, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:29.319565192513%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 381.94kcal (19.1%), Fat: 10.3g (15.84%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 56.09g (18.7%), Net Carbohydrates: 40.91g (14.88%), Sugar: 6.54g (7.26%), Cholesterol: 30.02mg (10.01%), Sodium: 1218.05mg (52.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 20.69g (41.37%), Vitamin A: 17599.58IU (351.99%), Folate: 316.41µg (79.1%), Fiber: 15.19g (60.74%), Manganese: 1.21mg (60.54%), Magnesium: 155.67mg (38.92%), Potassium: 1344.51mg (38.41%), Vitamin C: 31.09mg (37.68%), Vitamin B1: 0.52mg (34.39%), Copper: 0.63mg (31.35%), Phosphorus: 311.2mg (31.12%), Vitamin B6: 0.51mg (25.63%), Iron: 4.52mg (25.12%), Calcium: 183.58mg (18.36%), Vitamin K: 18.44µg (17.56%), Vitamin E: 2.28mg (15.2%), Vitamin B3: 2.86mg (14.29%), Vitamin B5: 1.22mg (12.15%), Selenium: 8.27µg (11.82%), Vitamin B2: 0.19mg (11.02%), Zinc: 1.64mg (10.95%)