

Brazilian Squash Soup

1 clove of garlic
1 medium onion
1.5 pounds of Brazilian Squash peeled and cubed
4 cups of water
1 cup of milk
1 tablespoon of butter
1 tablespoon of olive oil
Salt and Black pepper to taste

1. Sauté the onion and garlic in the olive oil
2. Peel and cube the Brazilian Squash then add to the sauté; or steam the Brazilian Squash by cutting it in half, taking out the seeds and put it in a baking dish with 1/2 inch of water and bake it for 20 minutes or until it gets soft, and then add to the sauté
3. Add water and salt, and cook until slightly firm.
4. Beat in a blender with milk (optional), butter (optional) and pepper.

Nutrition facts: Serving size: 4 (279g); Calories: 140; Fat: 9g; Fiber: 3g.

Preparation time: 20 – 30 minutes

Cooking time: 30 minutes

For more information: www.worldcrops.org

