

BEYOND HUNGER

GRILLED CHEESE AND VEGGIE PACKED TOMATO SOUP

Butternut squash is an orange-fleshed winter squash, celebrated for its versatility and sweet, nutty flavor. Not only is it tasty, but also packs a punch with loads of vitamins, minerals, fiber, and antioxidants. Adding extra vegetables to this favorite is a creative way to eat your vegetables! Don't know how to peel and cut a butternut squash? Scan the QR code below! Or purchase pre-cubed packages of butternut squash at your local market.

Yield: 4 servings

Ingredients

- 9 medium **tomatoes**, diced
- 1 medium **white onion**, diced
- 1/4 cup **celery**, diced
- 1/4 cup **carrots**, diced
- 1/4 cup **butternut squash**, diced
- 1 **garlic clove**
- 2 Tablespoon + 2 teaspoons **olive oil**
- 1 cup **reduced sodium chicken broth**
- 1 teaspoon **fresh thyme**
- 1 teaspoon **fresh rosemary**
- 1 teaspoon **fresh basil**
- 1/4 teaspoon **black pepper**
- 2 tablespoon **low-fat plain Greek yogurt**
- 4 slices **whole wheat bread**
- 2 slices **low-fat cheddar cheese slices**

Instructions

1. Preheat the oven to 350°F. Arrange all vegetables, into a baking pan. Cover with 1 Tablespoon olive oil and toss to coat. Roast for 30 minutes. Remove from the oven; let stand until cool enough to handle, about 10 minutes.
2. Transfer the cooled vegetables to a blender. Cover and blend until smooth.
3. In a large saucepan, heat 1 teaspoon olive oil over medium heat. Stir in the vegetable mixture, the chicken stock, basil, thyme, rosemary, and black pepper. Simmer, covered, for 5 minutes. Stir in the yogurt. Heat through and set aside.
4. For the grilled cheese, brush one side of each slice of whole wheat bread with ¼ teaspoon olive oil. Lay slices of the bread, coated sides down, on a sheet of wax paper. Place cheddar cheese slices on two bread slices. Top with the remaining two bread slices.
5. Heat a griddle or large skillet over medium heat. Place sandwiches on hot griddle or skillet; cook about 6 minutes or until bread is golden brown and cheese is melted, turning once halfway through cooking time. Cut sandwiches into quarters and serve (warm) with the soup.

Per Serving: Calories 294, Carbohydrates 37 g, Protein 10 g, Saturated Fat 4 g, Sodium 450 mg, Fiber 8 g, Sugars 13 g

This recipe is featured in the September 2021 issue of Beyond the Kitchen and was adapted from Tasty



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