

Meals with Teal #3

Menu:

Butternut squash soup

Bonus: Bisquick dumplings

Recipes:

Butternut Squash Soup

½ stick butter (4 TBSP)

1 Vidalia onion - chopped

1-2 granny smith apples – cored, peeled and chopped

1 butternut squash (or 1 package pre-cut butternut squash)

Roux:

3 TBSP flour

1-2 tsp curry

1 tsp salt

1/2 tsp black pepper

1/8 tsp (pinch) nutmeg

1 quart vegetable broth

1 c milk

1/3 c orange juice

*Melt butter and add onion. Add apples and butternut squash. Once soft add flour and seasonings. Stir until completely mixed. Add broth, cover and simmer until butternut squash and apples are soft (20-30 min).

Bisquick dumplings:

1/2 c (1 stick) melted butter

2 c bisquick mix

2/3 c milk

1 c shredded parmesan cheese

Bake 400 15 min

Meals with Teal Video#3:

<https://www.youtube.com/watch?v=Fu70VVYkHYc>

The "bonus" dumplings video:

<https://www.youtube.com/watch?v=nL5Aum1rJGU>

Nutritional Information:

| Nutrition Facts: Butternut Squash Soup | |
|---|----------------------|
| Serving Size: 1 cup (9 servings per sample) | |
| Calories 141 | |
| | % Daily Value |
| Total Fat 6.2g | 8% |
| Saturated Fat 3.8g | 19% |
| Trans Fat 0g | |
| Cholesterol 16.2mg | 5.4% |
| Sodium 631.9mg | 27.5% |
| Total Carbohydrates 20.2g | 7.4% |
| Dietary Fiber 2.9g | 10.35% |
| Sugar 7.6g | 15.2% |
| Added Sugars 0g | |
| Protein 2.3g | 3.2% |
| Vitamin D 3.9% | Potassium 146.3mg |
| Vitamin A 143.2% | Vitamin C 27.3% |
| Calcium 8.4% | Iron 4.3% |
| * 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. | |

Nutrition Facts: Bisquick Dumplings

Serving Size: 1 biscuit (18 servings per sample)

Calories 132**% Daily Value****Total Fat** 6.9g 8.85%

Saturated Fat 4.3g 21.5%

Trans Fat 0g

Cholesterol 19.2mg 6.4%**Sodium** 292.6mg 12.7%**Total Carbohydrates** 14g 5.1%

Dietary Fiber 0g 0%

Sugar 1.4g 2.8%

Added Sugars 0.9g

Protein 2.9g 4.1%

Vitamin D 1.5% Potassium 23.7mg

Vitamin A 1% Vitamin C 0%

Calcium 8.7% Iron 1.1%

* 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.

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Nutmeg Ground - 2.12 Oz \$3.79

Signature SELECT Flour All Purpose Pre-Sifted Enriched Bleached - 32 Oz O Organics

Organic Curry Ground - 1.8 Oz \$4.99

Dairy, Eggs & Cheese

Lucerne Milk Reduced Fat 2% - 1 Quart \$1.99

Lucerne Cheese Shredded Parmesan Cheese Tub - 5 Oz \$3.49

Lucerne Butter - 8 OZ \$2.99

Fruits & Vegetables

Granny Smith Large Apple 2 - \$2.49

Yellow Sweet Onion 1 - \$1.49

Martin Farms Buttrnut Squash - 20 OZ \$2.49

Breakfast & Cereal

Bisquick Pancake & Baking Mix Original - 20 Oz \$4.99

Canned Goods & Soups

O Organics Organic Broth Low Sodium Vegetable - 32 Oz \$2.50

Beverages

Tropicana Pure Premium 100% Orange Juice Original No Pulp Single Serve - 11 Fl. Oz.
\$1.99

Mionetto Prosecco Alcohol Removed Wine - 750 ML \$15.99

Total: \$50.21

Safeway gift card: \$50