



Visiting Nurse Association
of Northern New Jersey

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Velvety Squash Soup Shopping List

- 1 (3-pound) butternut squash
- 1 (2-pound) acorn squash
- Cooking Spray
- 2 medium onions
- Canola oil
- 5 cups fat-free, less-sodium chicken broth
- Apple cider
- Molasses
- Curry powder
- Salt
- Ground red pepper
- Half-and-half
- Fresh thyme (optional)
- Black peppercorns