

# NEW JERSEY STATE FEDERATION OF WOMEN'S CLUBS OF GFWC

Mary E. Wolfe, President  
A Proud Legacy – A Shining Future

## JANUARY 2019 COUNCILS

### HOME LIFE BULLETIN

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Winter's chill is in the air! And what better way to keep the home fires burning than with a delicious hot soup? In recognition of upcoming Heart Health Month in February, here's a delicious recipe from the American Heart Association that you can share with your members at next month's club meeting:

#### Butternut Squash Soup

This recipe makes 6 one cup servings; 64 calories, 2g protein, 2g fiber per serving

Ingredients: 2 tsps canola or corn oil      2 medium shallots (chopped)  
1 medium butternut squash, peeled and cubed (about 3 cups)  
3 cups fat-free, low-sodium vegetable broth  
2 tsps minced, peeled gingerroot      ¼ tsp salt  
¼ tsp black pepper      1/3 cup fat-free half-and-half  
¼ tsp freshly grated or ground nutmeg

Heat oil in pressure cooker on sauté. Cook the shallots for 3 minutes or until soft, stirring frequently. Turn off the pressure cooker. Stir in the squash, broth, gingerroot, salt and pepper. Secure the lid. Cook on high pressure for 20 minutes. Allow the pressure to release naturally for 10 minute, then quickly release any remaining pressure. Turn off the pressure cooker. Remove the pressure cooker lid.

Allow the soup to cool slightly. Working in batches, transfer the soup to a blender (vent the lid) and puree until smooth. Return the soup to the pressure cooker. Stir in the half-and-half. Cook on the sauté setting for 2 to 3 minutes or until heated through, stirring frequently. Ladle the soup into bowls and sprinkle with nutmeg.