**Butternut Squash Soup**

**Produce**

garlic *(if needed)*

1 yellow onion

1 head red or green leaf lettuce

one bunch cilantro leaves

1 cucumber

1 fennel bulb

celery (if needed)

1 butternut squash(3 lbs) or combo of other winter squashes

1 pint cherry tomatoes

1 lime

**Canned/Dried Foods**

two 32 oz. boxes low-sodium vegetable broth

yellow curry powder (if needed)

bay leaf (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

butter (if needed)

plain nonfat yogurt

**Additional Items**

1 whole grain role per person or a loaf of Artisan bread for everyone