

Butternut Squash & Soy Milk Soup

Serves 2

Ingredients

- Butternut squash (peeled, cubed) — 310 g
- Onion — ½ medium (≈75 g), chopped
- Garlic — 1 clove, minced or grated
- Olive oil — 1 tsp (5 ml)
- Low-sodium vegetable broth or water — 250 ml
- Unsweetened soy milk (調整豆乳) — 180 ml
- White or yellow miso — 1 tsp (6 g)
- Coconut aminos — 1 tsp (5 ml)
- MSG (monosodium glutamate) — ¼ tsp (≈1 g)
- Ground black pepper — to taste
- Pinch of nutmeg or cinnamon (optional)



Instructions

1. Heat **olive oil** in a medium saucepan. Add **onion** and cook over **medium heat** for about **3–4 minutes** until translucent. Add **garlic** and sauté another **30 seconds**.
2. Stir in the cubed butternut **squash** and **cook for 2 minutes** to coat evenly with the aromatics.
3. Add the **broth or water**, bring to a boil, then reduce heat to **low**. Cover and **simmer 15–18 minutes** until the squash is tender.
4. Remove from heat. Purée the soup using an immersion blender (or regular blender) until smooth.
5. Return to low heat. Stir in **soy milk**, **miso** (dissolved first in a little warm broth), **coconut aminos**, and **MSG**. Gently heat until warmed through — do not boil. Adjust with **pepper** and a pinch of **nutmeg** or **cinnamon** if desired.
6. Ladle into bowls and garnish with chopped **parsley**, **green onion**, or **toasted seeds**.

Optional Garnishes

- Chopped parsley or green onion
- Toasted pumpkin or sunflower seeds
- A drizzle of Greek yogurt for creaminess

Estimated Nutrition (Per Serving)

Calories	~195 kcal
Protein	~8 g
Fat	~8 g
Saturated Fat	~1 g
Carbohydrates	~24 g
Sugars	~7 g
Fiber	~5 g
Sodium	≈300 mg (including 60 mg from MSG)
Omega-3	~0.1 g