



# Butternut Squash “Rotini” and Kale Soup

**Servings**

4-6

**Calories**

210

**Prep Time**

10 minutes

**Total Time**

30 minutes

**Skill Level**

Easy

## Ingredients

1 (12 ounces) package Mann’s Butternut Squash “Rotini”

1 tablespoon olive oil

1 cup water

1½ cups onions, chopped

2 garlic cloves, minced

1 (15 ounces) container cannellini beans, drained

½ cup pearl couscous

2 cups kale, stems removed and leaves chopped

1 quart chicken or vegetable broth

salt and pepper to taste



## The Method

Heat olive oil in a 3-quart saucepan over medium heat; sauté onion and garlic. Add couscous, broth and water; bring to a boil. Add Butternut “Rotini”, beans and kale; reduce heat, cover and simmer on low heat 8 to 10 minutes. Serve & enjoy!

### Nutrition Facts

Serving Size: 461g | Servings: 4

### Amount Per Serving

Calories 210 | Total Fat 3g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 980mg | Total Carbohydrate 40g |

Dietary Fiber 7g | Sugars 7g | Protein 8g | Vitamin A 170% | Vitamin C 45% | Calcium 10% | Iron 10%