

Print and cut out recipe label, then tape onto freezer bag

# Butternut Squash Soup

**Date:**

## **Additional Ingredients:**

- 2 cups Water
- 1/2 cup Milk
- 1 cup Frozen Corn \*optional

*freezermealprep.pro*

## **Slow Cooker:**

- Empty the frozen contents of the bag into a slow cooker.
- Add 2 cups Water
- Cover and cook on low for 4-6 hours or on high for 3-4 hours until the squash and potatoes are tender.

## **Pressure Cooker:**

- Empty the frozen contents of the bag into a pressure cooker and add 2 cups Water.
- Turn the pressure to high and cook for 8 minutes, quick pressure release.

## **Additional Instructions:**

- Remove Bay Leaves.
- Use an immersion blender to puree the soup until it reaches your desired consistency (Or you can transfer the soup into a traditional blender, and puree until smooth, being very careful when working with the hot liquid).
- Add 1/2 cup Milk (\*and 1 cup Frozen Corn optional).
- Stir and cook for 15 minutes in the slow cooker or 2-3 minutes in the instant pot on saute setting.
- Top with cheddar cheese, green onions, or croutons. Serve with toasted bread or a salad.