



Butternut 'n Kale Soup



1/10th of recipe (about 1 cup): 74 calories, 1g total fat (0g sat fat), 487mg sodium, 14.5g carbs, 3g fiber, 5.5g sugars, 2.5g protein

Blue Plan (Freestyle™) SmartPoints® value 2*

Prep: 15 minutes **Cook:** 45 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

8 oz. (about 3 cups) frozen chopped kale
4 cups vegetable broth
4 cups creamy butternut squash soup with 100 calories or less per serving
3 cups chopped mushrooms
2 cups chopped red bell pepper
1 cup chopped onion

Seasonings

2 tsp. garlic powder
1 tsp. ground cumin
1/4 tsp. black pepper

Directions

Place kale in a blender. Add 3 cups broth, and puree until smooth.

Transfer blended kale to a large pot. Add butternut squash soup, veggies, seasonings, and remaining cup broth. Bring to a boil.

Reduce to a simmer. Cover and cook for 30 minutes, or until veggies are soft.

MAKES 10 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.