

Lunch | Dinner

# Butternut Squash Thai Soup

**10 Mins**  
Prep Time

**30-45**  
Cook Time

**4**  
Servings

☰ **608** Calories   **36g** Fat   **29g** Carbs   **15g** Protein

## Ingredients

👤 **4 Servings**   ⌚ **Instant Pot: 30 Mins • Stove Top: 45 Mins**

🚫 **Allergens:** Soy, Gluten

**2 Tbsp** Extra Virgin Olive Oil

**1 Clove** Garlic, whole

**4-Inch Piece** Lemon Grass, cut in half

**1 Tbsp** Ground Ginger 🍵

**6 Cups** Butternut Squash, diced 🍵

**14 oz Can** Coconut Milk

**2 Cups** Chicken Bone Broth 🍵

**2 Tbsp** Low-Sodium Soy Sauce

Juice from **1 Lime**

**2 Cups** Rice Noodles, cooked

**8 oz** Cubed Tofu

**¼ Cup** Fresh Mint, finely chopped, optional

**¼ Cup** Cilantro, finely chopped, optional



### 🍵 Butternut Squash

Butternut squash is a great source of vitamin A, potassium, and folate, all of which are especially important for those with IBD.



### 🍵 Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.



### 🍵 Bone Broth

Broth contains a variety of vitamins and minerals and can help to maintain hydration levels during flares.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Add Ingredients & Sauté

Turn to sauté mode. Add olive oil, garlic, ginger, and lemon grass. Sauté for 3-4 minutes or until fragrant.

### 3. Add Butternut Squash

Add butternut squash and sauté for an additional 3-4 minutes.

### 4. Add Liquids

Mix in the coconut milk, chicken bone broth, and soy sauce. Cover and cook on high pressure for 15 minutes.

### 5. Puree

Release pressure according to instructions. Using an immersion blender puree until smooth. (A regular blender can also be used here. Carefully transfer contents to the blender and puree on high until smooth.)

### 6. Add Remaining Ingredients

To the mixture, add lime juice, rice noodles, and tofu and heat through. Season to taste with salt and pepper. Garnish with cilantro, mint, and additional lime juice if desired.

### 7. Wash Hands

Wash hands with soap and water.

#### Stove-Top Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Add Ingredients and Sauté

To a large pot, add olive oil, garlic, ginger, and lemon grass over medium-high heat. Sauté for 3-4 minutes or until the mixture becomes fragrant.

### 3. Add Butternut Squash

Add butternut squash and sauté for an additional 3-4 minutes.

### 4. Add Liquids

Mix in the coconut milk, chicken broth, and soy sauce. Cover and cook for 30 minutes, or until the butternut squash is tender.

### 5. Puree

Remove the whole garlic clove and lemon grass. Using an immersion blender puree until smooth. (A regular blender can also be used here. Carefully transfer contents to the blender and puree on high until smooth.)

### 6. Add Remaining Ingredients

To the mixture, add lime juice, rice noodles, and tofu and heat through. Season to taste with salt and pepper. Garnish with cilantro, mint, and additional lime juice if desired.

### 7. Wash Hands

Wash hands with soap and water.

## What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Can Opener



Instant Pot® or Large Pot with Lid



Wooden Spoon



Immersion Blender or Blender

### Remission Remix

- Serve with a fresh green salad for a great soup and salad combo!

### Allergen Swap

**Soy** Replace the soy sauce with a soy-free version, such as tamari; replace the tofu with chicken or white beans

**Gluten** Omit the soy sauce & replace with a gluten-free version

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians