


**THICK
& EASY**

Creamy Fortified Butternut Squash Soup





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IDDSI LEVELS  

INGREDIENTS

	2 Servings
MED PASS® 2.0 Fortified Nutritional Shake – Vanilla Item: 27016 (IDDSI Level 2) OR MED PASS® 2.0 Fortified Nutritional Shake - Butter Pecan Item: 46463 (IDDSI Level 2)	8 fl oz.
Butternut squash soup (smooth, no pieces)	10 fl oz.
THICK & EASY® Instant Food & Beverage Thickener Item: 17938	2 Tbsp

*Adding thickener to achieve IDDSI Level 3 consistency will increase calories by 10 and carbs by 1g.

NUTRITION

Serving Size:
~ 8 fl oz soup

Calories: 310

Total Fat: 11g

Saturated Fat: 11g

Trans Fat: 0g

Cholesterol: <5mg

Sodium: 470mg

Total Carbs: 44g

Dietary Fiber: 3g

Total Sugars: 12g

Added Sugars: 3g

Protein: 12g

Calcium: 10% DV

Vitamin D: 0% DV

Iron: 15% DV

Potassium: 6% DV

DIRECTIONS

1. Stir together the soup and **MED PASS® 2.0 Fortified Nutritional Shake** in a medium saucepan or microwave safe container.
2. Heat on stove top or in microwave until mixture is hot, stirring occasionally. (Do not allow to boil)
3. Remove from heat and briskly stir or whisk the **THICK & EASY® Instant Food & Beverage Thickener** into the soup until thoroughly blended.
4. Serve at a temperature above 135°F to assure soup maintains appropriate thickness level.

For IDDSI Level 3 (Honey) Consistency: Add 2 Tbsp + 2 tsp **THICK & EASY® Instant Food & Beverage Thickener** and stir well.