

LYONS  
**THICK  
& EASY®**

# Creamy Fortified Butternut Squash Soup



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IDDSI LEVELS  



## INGREDIENTS

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