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## Sopa de Calabacitas (Squash Soup)

Yield: Serves 4-6

Total Time: 30 minutes

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### Ingredients:

- 4 Calabacitas (Squash)
- 1 Yellow Onion
- 4 Pieces of Garlic
- 2 Tomatoes
- Olive Oil
- 6 Cups of Water
- Kosher Coarse Salt

### Equipment Needed:

- Colander
- Cutting Board
- Knife
- 1 Boiling Pan
- 1 Sauté Pan
- Measuring Spoons
- Wooden Spatula
- Glass Bowls

### Prep:

- Get the calabacitas and rinse them under cool water
- Get a knife and cutting board and slice the calabacitas into quarter slices and set aside
- Dice 1 yellow onion into small and thin pieces and set aside
- Peel 4 pieces of garlic and then dice the garlic into small and thin pieces and set aside
- Get the tomatoes and rinse them under cool water
- Slice the tomatoes into quarter slices and set aside

### Directions:

#### *Sopa de Calabacitas*

- Get a sauté pan and place on the stove and turn the gas/electric knob to a medium setting
- Drizzle a little olive oil into the sauté pan and add the diced onion and garlic and stir until golden brown and set aside
- Get a boiling pot and place on the stove turn the gas/electric knob to a medium setting and pour 6 cups of water into the pot
- Add the sliced tomatoes, calabacitas, and caramelized onion and garlic into the pot and gently stir
- Add a few dashes of kosher coarse salt into the pot and gently stir
- After the calabacitas reach a boiling point reduce the heat to low and simmer for



about 10-15 minutes

- After the calabacitas are cooked, get a serving bowl and ladle and pour some sopa de calabacitas

\*\*\*\*\* Season to suit your taste buds\*\*\*\*\*