

# Butternut Squash Soup with Chicken and Veggies

## Ingredients:

- Butternut Squash Soup - 1 cup of butternut squash contains 15 percent of the daily recommended value of magnesium, 17 percent of potassium, and 18 percent of manganese all of which are important to mood.
- Carrots- Rich in lutein and beta-carotene, antioxidants found in yellow and orange plant pigments that have been shown to improve depression symptoms.
- Purple Potatoes – Contain anthocyanin antioxidants, which can help reduce inflammation which contributes to bad moods. Purple or otherwise, don't peel your spuds; the skins contain iodine, which helps stabilize hormone levels from your thyroid and stave off mood swings.
- Broccoli - broccoli is a good source of the mood-boosting B vitamin folate.
- Spinach - The tryptophan found in spinach helps increase our levels of serotonin, so we can turn that frown upside down. Spinach is also high in folate, another nutrient that helps increase levels of serotonin in the brain.
- Tomatoes - contain lots of folic acid and alpha-lipoic acid, both of which are good for fighting depression.
- Chicken – good source of B vitamins, choline, and selenium which are important for mental health.

Step 1 – Pour soup into pot on medium heat.

Step 2 – Cut up potatoes, carrots, and broccoli and add to soup. Let cook about 10 minutes or until potatoes are soft.

Step 3 – Season chicken with your favorite seasoning and grill until white all the way through. Then cut up into small squares.

Step 4 – Once the potatoes are soft in the soup add the spinach and chicken and let simmer for 5 more minutes.

Step 5 – Pour into bowl and enjoy.