

Butternut Squash Soup

What You'll Need

- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 1 2 to 3 pound butternut squash, peeled, seeded and cubed
- 6 cups of chicken stock
- Salt and freshly ground black pepper to taste
- Garnish: Pecans & nutmeg



Step-by-Step Instructions

1. Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes.

2. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve. Garnish, if desired.

Note: Purchase butternut squash at your grocer peeled, seeded and cubed to save time.

Note: Garnish with 1 or 2 pecans and a sprinkle of nutmeg.

PREP TIME: 20 minutes

COOK TIME: 40 minutes

SERVES: 6

CALORIES 125; **FAT** 5g (sat 2.5g)

PROTEIN 3g **CARBS** 19g **FIBER** 3.5g **CHOL** 10mg;

SODIUM 1044mg; **SUGAR** 4g