

BUTTERNUT SQUASH SOUP

(Yields approximately 6 cups)



5 Tbsp.	Butter (or 1 Tbsp butter and 2 Tbsp olive oil for reduced fat)
1 large	Onion, chopped
2 lb	Butternut squash,* peeled, seeded, cut into ½-inch pieces
4 cups (or more)	Low-salt chicken broth
	Pinch of salt, pepper, ground nutmeg
½ cup	Half-and-half, low/no fat-condensed milk or cream
	Additional salt, pepper and ground nutmeg to taste
½ cup	Roasted pepitas (shelled pumpkin seeds) for optional garnish

- Melt butter (and/or oil) in heavy, large saucepan over medium-high heat.
- Add onion and sauté until tender, about 5 minutes. Add squash and sauté 5 more minutes.
- Add 4 cups of chicken broth and bring to a boil.
- Lower flame to simmer, cover and cook until squash is tender (about 20 minutes). Cool slightly.
- Working in batches, puree soup in blender until smooth.
- Return to same pan. Stir in cream or milk. Bring soup to simmer.
- Season to taste with salt, pepper (white or black) and additional nutmeg.
- Sprinkle roasted pepitas on top of poured soup as garnish.
- Soup can be prepared one day in advance. Cover and refrigerate. Before serving, re-warm over medium heat, thinning with more broth if necessary.

Variation: You can also bake the squash in a 350 degree oven. Cut it in half, discard the seeds and place in a 13 x 9-inch pan, cut side down. Add water to a depth of 1 inch. Cover with foil and bake until soft – when you can pierce to squash easily with a small knife – 30 to 50 minutes. You can also microwave the squash at HIGH, 10 to 15 minutes. Allow to cool. Scoop out the softened flesh with a spoon. Mix flesh with sautéed onion and broth. Cook for 10 minutes, then continue beginning with the puree step.

*When shopping for squash, you'll want to select one that is unblemished, smooth, a little heavy for its size and has a deep colored rind. Butternut squash will keep for months in a cool, dry place.