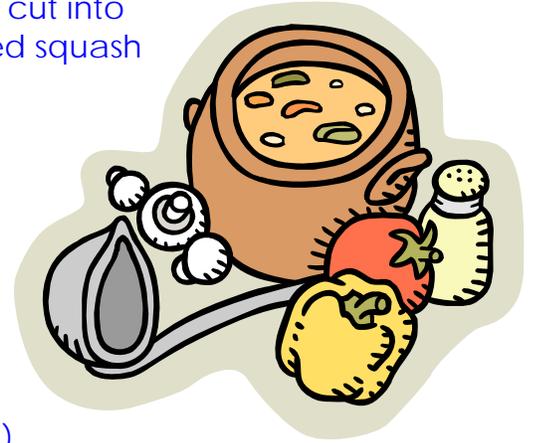


Butternut Squash Soup with Cinnamon

Serves 10

1 T olive oil
2 pounds peeled and seeded butternut squash – cut into one-inch chunks – I usually buy the already peeled squash
1 very large white onion – cut into a large dice
1 T butter
1 pinch sugar
3-4 large garlic cloves –thickly sliced
2 t cinnamon
1 ½ t ginger
½ t nutmeg
¼ t cayenne pepper or hot paprika
4 cups low sodium, low fat chicken stock (homemade is best but store bought is great too!)
½ cup whole milk
1 cup 1% or skim milk
Salt and pepper to taste



1. Heat olive oil in a large pan over medium –high heat; once hot add squash and then put onion on top of squash- don't move these around a lot in the beginning, let them get a little color on them, once they start to turn golden brown start to stir them more often – this should take 7-10 minutes.
2. Reduce the heat to low and add butter, sugar and garlic – continue to cook until veggies start to turn a beautiful caramel color (about 10 minutes more)
3. Add spices and stir until they start to become fragrant - about 1 min
4. Add broth and bring to a simmer – cook on a low simmer, partially covered until squash is fork tender (you can easily stab it with a fork) – about 10-12 minutes
5. Using a blender, immersion blender or food processor, puree until very smooth, 45 seconds or so. You may have to do this in batches
6. Return to pot and add enough milk so that the mixture is soup like – thick enough to float a garnish, not so thick that it is a paste! Add S & P to taste and heat through

Calories- 105
Total fat: 3.36 g
Cholesterol 4 mg
Sodium: 43 mg

Dietary Fiber: 2.55g
Sugars: 5.17 g
Protein: 3.97g