



## Winter Squash Soup

Makes ~6 1-cup serving

(Adapted from Better Homes and Gardens)

### Ingredients:

- 2-3 pounds winter squash (butternut, acorn, pumpkin, etc.)
- 2 Tablespoons olive oil
- 1.5 cups diced onions
- 1/2 teaspoon dried thyme, crushed
- 1 small bay leaf
- 3.5 cups vegetable broth
- 1 Tablespoon honey
- 1/3 cup heavy whipping cream (optional)
- 1/2 teaspoon ground nutmeg

### Instructions:

1. Preheat oven to 350 degrees F. Cut squash in half lengthwise and scoop out seeds. Place facedown in baking pan with ~1 inch water. Bake ~1 hour or until skin is browned and flesh is tender to touch. Let cool then scoop fresh from skin and set aside.

2. In large saucepan heat oil on medium and add onions, thyme and bay leaf. Cook until onions translucent (~10 minutes).

3. Add squash and season with salt and pepper if desired. Cook an additional 5 minutes stirring often.

4. Add broth and bring to a simmer. Simmer for ~20 minutes uncovered, stirring occasionally. Remove bay leaf and season to taste. Stir in honey and cool slightly.

5. Puree soup in blender, food processor, or with immersion blender.

6. Stir in nutmeg and, if desired, cream. Season with salt, pepper and honey as desired. For an extra kick sprinkle with cayenne pepper.

7. Serve immediately or can be chilled for up to 2 days.

### Nutrition Facts

Serving Size (392g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 550mg</b>	<b>23%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 4g	16%
Sugars 11g	
<b>Protein 4g</b>	
Vitamin A 180%	Vitamin C 25%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	



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