

Butternut Squash Soup

GF, V

Ingredients

PREP TIME
20 min

COOK TIME
40 min

TOTAL TIME
1 hour

SERVINGS
Yields 6

1 (2-3 lb) butternut squash, peeled & seeded
2 tbsp unsalted butter
1 medium onion, chopped
6 cups chicken stock
nutmeg
salt & freshly ground black pepper

Directions

1. Cut squash into 1-inch chunks.
2. In large pot melt butter. Add onion and cook until translucent, about 8 minutes.
3. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15-20 minutes.
4. Remove squash chunks with slotted spoon and place in a blender and puree.
5. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper.
7. Serve.

Nutrition

Per serving

| | |
|-------|---------------|
| 125 | kcal |
| 5 g | Fat |
| 2.8 g | Saturated Fat |
| 10 mg | Cholesterol |
| 19 g | Carbohydrates |
| 3.5 g | Fiber |
| 3 g | Sugar |
| 3 g | Protein |

Recipe by Food Network Kitchens