

Butternut Squash Soup

Courtesy Allrecipes.com



Makes: 4 servings

Ingredients:

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped

- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, cubed
- 32 fluid ounce low sodium chicken stock
- salt and freshly ground black pepper to taste*

Preparation:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper*

Nutrition Per serving: 305 calories; 6.8g fat, 59.7g carbs; 7g protein; 98 mg sodium

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