



Butternut Squash Soup

Serves eight

2 TBS unsalted butter
1 large butternut squash peeled and diced
2 Bartlett pears, peeled, cored and quartered
1 leek, white and light green parts, chopped – wash very well
1 teaspoon grated ginger
1 teaspoon white pepper
½ teaspoon ground sage
½ teaspoon thyme
6 cups water
1 cup half & half
Salt

- Melt the butter in a large, heavy pot. Add the squash, leeks and pears.
- Sauté your vegetables and fruit for 15 to 20 minutes, until starting to brown. Stir occasionally.
- Add the ginger and mix well. Cook for about 1 minute until you can smell the ginger. Add the sage and thyme. Mix well. Add the water and bring to a boil. Reduce heat and simmer for 20 minutes until squash is soft.
- If you have a hand held blender, go ahead and blend your soup. If you do not have a hand held device, cool the soup a bit and blend it in batches - be careful not to fill the glass too much as you might have little, messy explosions if the soup is still warm.
- Add the half and half and mix well. Season the cream with salt and pepper and heat through. Do not boil the cream – it will curdle on you.

CALORIES 144.49; FAT 6.58 grs (sat 4.03; mono 1.79; poly 0.34); PROTEIN 2.35 grs ; FIBER 3.74 grs; CARBS 21.92 grs; CHOLESTEROL 18.82 mg; IRON 1.27 mg; SODIUM 610.46 mg; CALCIUM 106.43 mg