Louisiana HARVEST of the MONTH

Butternut Squash Soup

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 35 minutes

Ingredients

- 2-pound Butternut squash (1 medium)
- 2 Tbsp oil
- 1 cup chopped onion
- 1 Tbsp chopped garlic
- ½ cup thinly sliced carrot
- ½ tsp ground cumin
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 1 Tbsp finely minced jalapeno pepper
- 2-4 cups chicken stock
- ¼ cup heavy cream
- Salt can be added to taste, but the stock will contribute to the saltiness

Nutrients Per Serving

Calories Total	91
Fat Saturated	1 g
Cholesterol	5 mg
Sodium	811 mg
Carbohydrates	18 g
Dietary Fiber	3 g
Sugars	8 g
Protein	2 g
Calcium	67 mg
Iron	1 mg
Potassium	493 mg

Cooking Instructions

1) Peel the squash. Cut it in half and then in half again. Scoop out the seeds. Cut the flesh into 1-inch pieces
2) In a large pot, heat the oil over medium heat. Add the onion and garlic and cook, stirring often, until they begin to brown, about 5 minutes.
3) Add the carrot, cumin, salt, and pepper. Cook for 1 minute.
4) Add the squash, jalapeno pepper, and 2 cups of chicken stock.
5) Bring to a boil, reduce the heat and simmer for 15 to 20 minutes, or until the vegetables are tender.
6) Remove from the heat and puree the soup in a blender (Be careful. Hot mixtures can explode in a blender if you put too much in at once, so blend it in batches) or you can use an immersion blender. Add more stock if you hope for a thinner soup. Puree until smooth.
7) Return to the heat, add the cream and adjust the seasonings.
8) Serve with condiments. Some good ideas are toasted squash seeds or pumpkin seeds, crumbled bacon, garlicky croutons or garlic bread.

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