Squash Soup with Cumin

Yield: 10 servings
Total Time: 1 hour and 15 minutes

Ingredients
1 large (3lb) butternut squash
1 Tablespoon olive oil
2 medium celery stalks, chopped
1 medium onion, chopped
1 teaspoon ground cumin
¼ teaspoon cayenne powder
¼ teaspoon black pepper
2 cans low sodium chicken broth (3 ½ cups)
2 cups water
Optional toppings:
Garnish with roasted pumpkin seeds (pepitas), fresh chives and Greek yogurt.

Preparation Instructions
1. Preheat oven to 450 degrees. Line a baking sheet with foil.
2. To prepare butternut squash: cut 1-inch off the ends and place vertically so that the wider end of the squash is cut side-down on a flat surface. Slice down the center of the squash to cut in half. Remove seeds and place flat side-down on the lined pan and roast for about 45 minutes or until tender when pierced. Cool, then scoop squash from the skins and place in a large bowl. Discard skins.
3. While squash is cooking, heat oil in a large pot. Add celery and onion, and cook for 10 minutes. Stir in cumin, cayenne and black pepper.
4. Add broth, water, and squash to the pot. Cover and heat to boiling on high. Reduce heat to low, and simmer 10 minutes.
5. Blend squash mixture in a blender until smooth. Return to the pot to heat. If desired, add a spoonful of Greek yogurt, pumpkin seeds and chives on top when serving.

Nutrition Analysis
Per Serving: 50 calories; 2g fat (0g saturated, 0g trans); 0mg cholesterol; 35mg sodium; 7g carbohydrate (2g dietary fiber; 4g sugar); 4g protein. Vitamin A 6%, Vitamin C 40%, Calcium 4%, Iron 4% Daily Value.

Source: modified from www.goodhousekeeping.com

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