Taste of Home

Creamy Butternut Squash & Sage Soup

TOTAL TIME: Prep: 20 min. Cook: 50 min.

YIELD: 4 servings.

I recently started experimenting with new soup recipes, and finally created a rich squash version that omits heavy cream altogether, making it a healthier way to curb my creamy-tooth. —Nithya Kumar, Davis, California

Ingredients

- 4 cups cubed peeled butternut squash
- 1 tablespoon olive oil
- 2 tablespoons minced fresh sage
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

SOUP:

- 1 tablespoon olive oil
- 2 tablespoons butter, divided
- 1 medium onion, chopped
- 1 garlic clove, minced
- 3/4 teaspoon salt
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 1/8 teaspoon pepper
- 4 cups water
- 1 medium sweet potato, chopped
- 1 medium carrot, chopped

Directions

1. Preheat oven to 400°. Place squash in a foil-lined 15x10x1-in. baking pan. Drizzle with oil; sprinkle with sage, salt and pepper. Toss to coat. Roast 30-35 minutes or until tender, stirring occasionally.

2. Meanwhile, in a large saucepan, heat oil and 1 tablespoon butter over medium heat. Add onion and garlic; cook and stir 3-4 minutes or until softened. Reduce heat to medium-low; cook 30-40 minutes or until deep golden brown, stirring occasionally. Stir in salt, pepper flakes and pepper.

3. Add water, sweet potato and carrot to saucepan. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until vegetables are tender. Add squash mixture and remaining butter to soup. Puree soup using an immersion blender. Or cool soup slightly and puree in batches in a blender; return to pan and heat through.

Nutrition Facts

1-1/2 cups: 255 calories, 13g fat (5g saturated fat), 15mg cholesterol, 659mg sodium, 36g carbohydrate (10g sugars, 6g fiber), 3g protein. **Diabetic Exchanges:** 3 fat, 2 starch.

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