




## BUTTERNUT SQUASH BISQUE

Easy, delicious fall soup, perfect to throw together even after a busy day!

 20 minutes  
 1 hour  
 6 portions

### INGREDIENTS

- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 cup, chopped of onions, raw [160 g]
- 3 cups, cubes of squash, winter, butternut, raw [420 g]
- 1 cup chopped of carrots, raw [128 g]
- 8 cups of soup, chicken broth, ready-to-serve [1992 g]
- 2 tsps, leaves of spices, thyme, dried [2 g]
- 1 tsp of spices, nutmeg, ground [2 g]
- 1 cup of cream, fluid, half and half [242 g]
- 1 tsp of salt, table [6 g]
- 1 tsp, ground of spices, pepper, black [2 g]

### COOKING METHOD

- 1° In a large stockpot, saute the onions, squash, and carrots in the olive oil for 5-7 minutes, or until the vegetables begin to soften.
- 2° Add the broth, thyme, and nutmeg, and bring to a boil. Cook for 30 minutes over high heat, or until the vegetables are very soft and the liquid has started to slightly thicken.
- 3° Use a stick blender to puree the soup until it's smooth, or CAREFULLY transfer a few cups at a time to a food processor or blender and blend until smooth.
- 4° Transfer soup back to the pot, add the half and half, taste, and adjust seasonings with salt and pepper.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (495 g)	% DRI
ENERGY	30 kcal	147 kcal	7 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	4 mg	21 mg	7 %
SODIUM	336 mg	1663 mg	69 %
CARBOHYDRATE	3 g	17 g	6 %
SUGARS	1 g	7 g	—
FIBER	1 g	3 g	11 %
PROTEIN	1 g	5 g	—