

Butternut Squash Soup

Ingredients:

- 3 quarts vegetable stock
- 4 lbs butternut squash
- 2 cups carrots, diced 1/2 inch dice
- 2 cups celery, diced 1/2 inch dice
- 1 cup onion, diced 1/2 inch dice
- 1/2 cup dry sherry
- 2 tablespoons olive oil
- 2 teaspoons salt
- 1 bay leaf
- 1 pinch white pepper
- 1/2 teaspoon nutmeg, freshly ground
- 2 teaspoons parsley, finely chopped
- roasted pumpkin seeds

Directions:

1. Cut butternut squash in half lengthwise and remove seeds.
2. Place squash cut side down on a parchment lined sheet pan and roast in a 350 degree oven for 30-40 minutes or until squash is soft to the touch, and the skin begins to pull away from the flesh. (Pumpkin seeds can also be roasted at this time).
3. Remove from oven and let cool.
4. Spoon roasted squash out of the skin and pass it through a ricer or food mill to remove any of the stringy fibers.
5. Heat olive oil in a large stockpot and sauté the carrots, celery and onions, until the onions and carrots just start to caramelize.
6. Deglaze the pot with sherry.
7. Add the vegetable stock, salt, pepper, nutmeg and bay leaf and bring to a boil.
8. Add the squash, reduce to a simmer and cook for 45 minutes.
9. Remove the bay leaf, and puree the soup in the pot with an immersion blender until it reaches a smooth creamy consistency.
10. Taste, and add salt and pepper if needed.
11. Garnish with roasted pumpkin seeds and serve.

Nutrition facts per 2-cup serving: 172 Cals, 4g protein, 4g fat (<1g saturated fat), 0 mg cholesterol, 25g carb, 106mg sodium, 2g fiber