

Recipe

Just Butternut Squash Soup

By

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Ingredients

- 2 tbsp olive oil or butter
- 4 cups cubed peeled butternut squash (about 1 1/2 pounds)
- 1 1/2 cups water
- 1/4 cup brown sugar
- 1-1 1/2 teaspoon salt
- 1/2 tsp pepper
- 1/4 cup plain yogurt
- 1/4 cup nuts, optional

Preparation

Heat oil in a large saucepan over medium heat. Add squash cubes, and cook 2 minutes, stirring frequently. Add water, salt and pepper; bring to a boil. Cover squash mixture, reduce heat, and simmer 30 minutes or until squash is tender.

Place squash mixture in a blender, and process until smooth. Return squash mixture to pan, and cook until thoroughly heated. Ladle soup into individual bowls, and top with yogurt.

Serves

4 servings

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