

Soup

Winter Veggie Bisque

Family Circle Magazine

Servings: 6

Preparation Time: 15 minutes

Cook time: 12 minutes

1 large onion, peeled and halved
1 Granny Smith apple, peeled and cored
3 carrots, trimmed and peeled
2 tablespoons unsalted butter
2 pkg (12 oz) frozen cooked winter squash, thawed
3 cups vegetable broth
2 tablespoons sugar
1 teaspoon ground ginger
3/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/8 teaspoon cayenne
1/2 cup heavy cream

Shred onion, apple and carrots either with a box grater or with shredding blade in food processor. Heat butter in large pot over medium heat. Add shredded onion, apple and carrot. Cook 7 minutes until softened.

Stir in squash, broth, sugar, ginger, salt, cinnamon and cayenne. Bring to a boil over high heat. Reduce heat to medium-low and simmer 5 minutes.

Transfer mixture to food processor fitted with chopping blade or to blender. Puree until smooth (do this in batches, if necessary). Return to pot and stir in heavy cream. Gently heat through.

Per Serving (excluding unknown items): 234 Calories; 13g Fat (49.6% calories from fat); 4g Protein; 26g Carbohydrate; 4g Dietary Fiber; 39mg Cholesterol; 1101mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.