

Butternut Squash and Carrot Soup

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Servings: 6

1 large onion, cut in eighths
3 cloves garlic, whole
1 (2-1/2 pound) butternut squash,
peeled, seeded and cut into one-inch
pieces
1/2 pound carrots, peeled and cut
into one-inch pieces
2 tablespoons olive oil
3/4 teaspoon salt
1/4 teaspoon black pepper
4 cups reduced-sodium chicken broth
1 tablespoon brown sugar
1/4 teaspoon ground nutmeg
Sourdough Croutons (see recipe under
Soups) (optional)

Preparation Time: 15 minutes

Bake: 30 minutes

Preheat the oven to 425 degrees.

Toss the vegetables with the oil, 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. Spread the vegetables on a baking sheet and bake for 20 minutes, turning after 15 minutes.

Puree' the vegetables and broth in two batches until smooth. Transfer to a large pot. Bring to a simmer. Stir in the brown sugar, nutmeg and the remaining 1/4 teaspoon of salt and 1/8 teaspoon of pepper.

Serve with Sourdough Croutons, if desired.

Per Serving (excluding unknown items): 141 Calories; 5g Fat (27.9% calories from fat); 2g Protein; 26g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 286mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	.3mg
% Calories from Fat:	27.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	51mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	26g
Dietary Fiber (g):	4g
Protein (g):	2g
Sodium (mg):	286mg
Potassium (mg):	710mg
Calcium (mg):	95mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	38mg
Vitamin A (i.u.):	21866IU
Vitamin A (r.e.):	2186 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 141 Calories from Fat: 39

% Daily Values*

Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 286mg	12%
Total Carbohydrates 26g	9%
Dietary Fiber 4g	16%
Protein 2g	

Vitamin A	437%
Vitamin C	64%
Calcium	10%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.