

Curried Squash Soup

Governor's Inn - Ludlow, VT

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

*1 onion
1 large leek
1 bunch scallions
1/2 cup unsalted butter
3 teaspoons curry powder
3 zucchini, unpeeled and grated
3 summer squash, unpeeled and
grated
salt (to taste)
white pepper (to taste)
6 cups chicken stock
3 potatoes, peeled and sliced
1 cup heavy cream*

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Chop the onion, the leek and the scallions.
Reserve a little of the greener parts of the
scallions for garnish.

In a heavy pot, melt the butter. When the butter
foams and is quite fragrant, add the curry
powder. Cook, while stirring, for 2 or 3 minutes.

Add the scallions, leeks and squash. Season to
taste with salt and pepper. Saute' this mixture
briefly. Turn down the heat, cover, and cook
until the squash is soft and the juices have been
extracted.

Uncover and let the juices reduce by half. Add
the chicken stock and potatoes. Cook,
uncovered, for 15 minutes or until the potatoes
are just cooked through.

To serve: (Hot, country style) - add the heavy
cream and serve in warm soup bowls. (Puree'd,
chilled or hot) - let the soup mixture cool, then
puree' in patches in a food processor or blender.
Strain the puree'. Stir in the heavy cream.
Serve iced or heated.

Garnish with reserved scallions.

Per Serving (excluding unknown
items): 193 Calories; 15g Fat
(71.0% calories from fat); 3g
Protein; 11g Carbohydrate; 2g
Dietary Fiber; 48mg Cholesterol;
1087mg Sodium. Exchanges: 1/2
Grain(Starch); 1 Vegetable; 0 Non-
Fat Milk; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	193
% Calories from Fat:	71.0%
% Calories from Carbohydrates:	23.1%
% Calories from Protein:	5.9%
Total Fat (g):	15g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	11g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	1087mg
Potassium (mg):	469mg
Calcium (mg):	41mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	853IU
Vitamin A (r.e.):	182RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	33mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	193	Calories from Fat: 137
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% Daily Values*

Total Fat	15g	24%
Saturated Fat	9g	47%
Cholesterol	48mg	16%
Sodium	1087mg	45%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	10%
Protein	3g	
Vitamin A		17%
Vitamin C		31%
Calcium		4%
Iron		9%

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