

Roasted Butternut Squash and Pear Soup

*"Fruits of the Spirit" (2001) - Nancy Meyer
Grapevine United Methodist Church - Port St. Lucie, FL*

*1 large or 2 small butternut squash
(3-4 pounds total)
1 tablespoon vegetable oil
2 cups onion, chopped
2 tablespoons (about one) shallot,
chopped
1 tablespoon fresh ginger, chopped
1 tablespoon (about one) fresh
jalapeno, seeded and chopped
1 1/4 teaspoons salt
1/4 teaspoon pepper
2 cups (about two) ripe pears, peeled,
cored and cut into chunks
6 cups reduced-sodium chicken broth
1 tablespoon honey
1 teaspoon fresh thyme, chopped
1/4 cup heavy cream*

Preheat the oven to 400 degrees.

Prepare the squash: Cut the squash in half lengthwise and place cut-side down on a nonstick baking pan. Pour 1/4 cup of water into the pan. Roast for 45 minutes or until the squash is tender when pricked with a fork. Remove from the oven and allow to cool. (This step may be done a day before.)

Prepare the soup: Remove the seeds and peel from the roasted squash. Place the cooked squash in a medium bowl and mash coarsely. Set aside.

In a six-quart souppot, heat the oil. Add the onion, shallot, ginger, jalapeno, salt and pepper. Cook over medium-high heat until the onion is soft and begins to turn light brown, about 10 minutes. Add the pears and cook another 5 minutes.

Measure three cups of the cooked, mashed squash and add to the souppot. Stir in the broth, honey and thyme. Bring to a boil. Reduce the heat and simmer, covered, for 15 minutes.

Puree the soup in batches in a blender or food processor. Return the puree'd soup to the souppot. Stir in the cream. Keep warm. (Do not boil.)

Serve warm.

Per Serving (excluding unknown items): 532 Calories; 36g Fat (58.8% calories from fat); 6g Protein; 51g Carbohydrate; 6g Dietary Fiber; 82mg Cholesterol; 2701mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Vegetable; 0 Non-Fat Milk; 7 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	532	Vitamin B6 (mg):	.4mg
% Calories from Fat:	58.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	37.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	36g	Folacin (mcg):	71mcg
Saturated Fat (g):	15g	Niacin (mg):	1mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	82mg	% Daily Value*	0 0%
Carbohydrate (g):	51g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	2701mg	Vegetable:	5 1/2
Potassium (mg):	660mg	Fruit:	0
Calcium (mg):	135mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	7
Zinc (mg):	1mg	Other Carbohydrates:	1
Vitamin C (mg):	24mg		
Vitamin A (i.u.):	3410IU		
Vitamin A (r.e.):	504 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 532 Calories from Fat: 313

% Daily Values*

Total Fat	36g	56%
Saturated Fat	15g	77%
Cholesterol	82mg	27%
Sodium	2701mg	113%
Total Carbohydrates	51g	17%
Dietary Fiber	6g	25%
Protein	6g	

Vitamin A	68%
Vitamin C	40%
Calcium	13%
Iron	8%

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