



Butternut Squash Soup

PREP TIME

10 mins

COOK TIME

35 mins

TOTAL TIME

45 mins

SERVES

6

INGREDIENTS

- 2 tablespoons butter
- 1 large yellow onion, chopped
- 1 carrot, peeled and chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 1/4 cup brown sugar
- 1/2 cup non-fat yogurt
- 3 cups vegetable broth
- Freshly ground black pepper

DIRECTIONS

1. Heat the butter in a large pot over medium heat. Add the onion, carrot, salt, and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

2. Add the brown sugar. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes. Add non-fat yogurt and stir.

3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste.