



**Winter Squash Soup**

**4 SERVINGS**

Nutrition Facts per Serving:

Calories: 236 Protein (g): 7

Fat (g): 16.5 Carbohydrate (g): 16

# Ingredients: 2 tablespoons unsalted butter 1 tablespoon good olive oil 2 cups chopped yellow onions (2 onions) 1 (15 - ounce) can pumpkin puree 1 1/2 pounds butternut squash, peeled and cut in chunks 3 cups homemade chicken stock or canned broth 2 teaspoons kosher salt 1/2 teaspoon freshly ground black pepper 1 cup low fat half and half Grated Gruyere (optional)

**Instructions:**

1. Heat the butter and oil in a soup pot. Add the onions and cook over medium-low heat for 10 minutes or until translucent.
2. Add the pumpkin puree, butternut squash, chicken stock, salt and pepper. Cover and simmer over medium heat for 20 minutes, until the butternut squash is very tender.
3. Process the mixture through a food processor or blender. Return to the pot, add the half and half and heat slowly. Serve hot with gruyere if desired.