

# Curried Squash Soup

## Soup of the Month November – 2015



Creamy and rich with a hint of curry, homemade squash soup is ready in 30 minutes!

**Prep Time:** 30 Min

**Start to Finish:** 30 Min

**Makes:** 5 servings (1 cup each)

### INGREDIENTS

1 tablespoon olive oil or butter	2 boxes (10 oz. each) winter squash, thawed
1 medium onion, chopped (1/2 cup)	2 teaspoons curry powder
1 clove garlic, finely chopped	1/2 teaspoon coarse (kosher or sea) salt
1 3/4 cups reduced-sodium chicken broth (from 32-oz carton)	1/4 cup fat-free half-and-half
1/4 cup apple juice	

### DIRECTIONS

1. In 4-quart saucepan, heat oil over medium heat. Add onion and garlic; cook 3 to 5 minutes, stirring frequently, until tender.
2. Stir in broth, apple juice, squash, curry powder and salt. Heat to boiling, stirring occasionally. Simmer uncovered 5 minutes, stirring occasionally.
3. Stir in half-and-half. Cook 3 to 5 minutes, stirring occasionally; until hot (do not boil).



Recipe Provides: Fats & Oils 1tsp

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b> 1 Serving	<b>Total Fat:</b> 3 g	<b>Saturated Fat:</b> 1/2 g
<b>Calories:</b> 450	<b>Calories from Fat:</b> 25	<b>Carbohydrates:</b> 15 g
<b>Cholesterol:</b> 0 mg	<b>Dietary Fiber:</b> 2 g	<b>Sodium:</b> 450 mg
<b>Sugars:</b> 7 g	<b>Protein:</b> 2 g	



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)