

## Butternut Squash and Carrot Soup



Servings: 6

Serving size: 1 cup

### Nutrition Information:

16g carbohydrates

103 calories

4g fiber

4g fat

3g protein

9mg cholesterol

4475mg sodium

### Ingredients:

1 tbsps. butter

3 cups peeled, diced butternut squash (1 small squash)

2 cups thinly sliced carrots (4 med carrots)

$\frac{3}{4}$  cup thinly sliced leeks or chopped onion

2 - 14.5 oz. can reduced sodium chicken broth

$\frac{1}{4}$  tsp. ground white pepper

$\frac{1}{4}$  tsp. nutmeg

$\frac{1}{4}$  cup fat-free half-and-half or light cream

### Directions:

1. In a large saucepan over medium heat, melt butter. Add squash, carrots, and leeks or onion to pan and cook, covered for 8 minutes, stirring occasionally.
2. Add broth and bring to a boil; reduce heat and simmer for 25 minutes or until vegetables are very tender.
3. Place one-third of the mixture in a food processor or blender; cover and process or blend until almost smooth. Repeat with remaining mixture.
4. Return mixture to saucepan and add pepper and nutmeg. Bring just to boiling and add the light cream and heat until warm.
5. Ladle into soup bowls.