

Savory Butternut Squash Soup

Servings

8

Calories

120

Prep Time

20 minutes

Total Time

55 minutes

Skill Level

Easy

Ingredients

- 3 tablespoons butter
- 1 onion, coarsely chopped
- 4 cloves garlic, chopped
- 1 tablespoon chopped fresh sage
- 20 ounce Mann's Butternut Squash Cubes
- 5 cups chicken broth, low sodium
- 1/3 cup grated Parmesan cheese
- 24 fresh sage leaves



The Method

Melt 1 tablespoon butter in heavy large pot over medium heat. Add onion and garlic; cover and cook until soft, stirring occasionally, about 7 minutes. Add chopped sage; stir for 1 minute. Add squash and broth. Increase heat to high and bring to boil. Reduce heat and simmer until squash is tender, about 25 minutes. Cool slightly.

Puree soup in batches in blender until smooth. Return soup to pot. Mix in cheese. Season to taste with salt and pepper.

Melt remaining 2 tablespoons butter in heavy large skillet over medium heat. Add the 24 sage leaves and sauté until brown and toasted, about 2 minutes. Bring soup to simmer. Ladle into bowls.

Before serving, garnish with fried sage leaves.

Nutrition Facts

Serving Size: 251g | Servings:8

Amount Per Serving

Calories 120 Calories from Fat 60 | Total Fat 6g (sat fat 3.5g trans 0g) | Cholesterol 15mg | Sodium 110mg | Total Carbohydrate 13g | Dietary Fiber 2g | Sugars 3g | Protein 5g | Vitamin A 150% | Vitamin C 30% | Calcium 8% | Iron 4%