



Creamy Butternut Squash & Chipotle Soup

Servings

5

Calories

150

Prep Time

10 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 2 (20 ounces) bags Mann's Butternut Squash
- 2 cups yellow onions, chopped
- 2 cans Chipotle peppers in adobo sauce
- 4 cups chicken broth, fat-free
- ¼ teaspoon ground cumin
- 3 tablespoons creamer, fat free liquid, non-dairy
- Salt, to taste



The Method

Place squash in a large microwave-safe bowl with ½ cup water. Cover and microwave for 6-8 minutes, until slightly softened.

Coat large pot with nonstick spray, add onion and cook over medium heat for 5 minutes, or until soft. Add squash, peppers, broth and cumin. Reduce heat to low. Stirring occasionally, simmer for 30 minutes, or until squash is tender. Remove from heat and allow to cool for several minutes.

Working in batches, puree mixture in blender until smooth. Add creamer and mix thoroughly. Add salt to taste and enjoy!

Optional: Before serving, garnish with fried sage leaves and grated Parmesan cheese.

Nutrition Facts

Serving Size: 510g | Servings: 5

Amount Per Serving

Calories 150 | Calories from Fat 10 | Total Fat 1g (sat fat 0g trans 0g) | Cholesterol 5mg | Sodium 420mg | Total Carbohydrate 37g | Dietary Fiber 8g | Sugars 9g | Protein 4g | Vitamin A 480% | Vitamin C 90% | Calcium 10% | Iron 30%