



# ROASTED BUTTERNUT SQUASH SOUP

## ingredients:

- |   |                                     |
|---|-------------------------------------|
| 8 cups (about 2 small) butternut squash, peeled, seeded and cut into chunks | 3 cups reduced-sodium chicken broth |
| 2 Tablespoons canola oil, divided   | 2 Tablespoons sherry                |
| 1 cup diced onion   | 2 teaspoons margarine               |
| 2 cloves garlic, minced   | 1/3 cup panko bread crumbs          |
| 1 teaspoon rubbed sage  | 1/4 cup grated Parmesan cheese      |
|   | 1 Tablespoon snipped chives         |

## directions:

1. Preheat oven to 375° F.
2. Place squash chunks on a sheet pan with sides and drizzle with 1 Tablespoon oil; toss to coat. Roast squash in oven for 35 to 45 minutes, or until tender.
3. Add 1 Tablespoon oil to a large stockpot and sauté onions, garlic, and sage over medium heat for 3 to 5 minutes. Add roasted squash and broth to stockpot and heat to a boil.
4. Remove from heat and use an immersion blender, food processor, or blender to puree soup until smooth. If using a food processor or regular blender, puree soup in batches.
5. Return soup to pot and stir in sherry.
6. To prepare soup topping, melt margarine in a small sauté pan. Add panko bread crumbs and toast until golden brown. Remove pan from heat and allow crumbs to cool for about 5 minutes.
7. Stir in parmesan cheese and chives. Serve soup with bread crumb and cheese topping.

Yield: 6 servings  
(1 cup each)

## Nutrition Information Per Serving:

173 Calories  
5 grams Fat  
1 gram Saturated Fat  
3 mg Cholesterol  
343 mg Sodium  
28 grams Carbohydrates  
4 grams Fiber  
4 grams Protein

Food exchanges:  
2 starch, 1/2 fat



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