



## Curried Butternut Squash Soup

### Recipe courtesy of Ellie Krieger

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Total Time:  
40 min  
Prep: 15 min  
Cook: 25 min

Yield:  
4 servings (1 serving is  
1 1/2 cups)  
Level:  
Intermediate

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### Ingredients

- 1 tablespoon canola oil
- 1 medium onion, chopped (about 2 cups)
- 2 cloves garlic, minced
- 1 (2 1/2-pound) butternut squash, peeled, seeded and cut into 1-inch cubes
- 6 cups low-sodium chicken broth or vegetable broth
- 1 tablespoon plus 2 teaspoons curry powder
- 1/2 teaspoon salt, plus more, to taste
- 2 tablespoons honey
- 4 teaspoons plain low-fat yogurt, for garnish

### Directions

Heat oil over medium heat in a 6-quart stockpot. Add onions and garlic and saute until soft but not brown, about 6 to 7 minutes. Add the butternut squash, broth, curry powder and salt and bring to a boil. Reduce heat and simmer until squash is tender, about 12 to 15 minutes. Remove from heat stir in honey and puree with an immersion blender or in batches in a blender until smooth. Season with salt, to taste.

Ladle into serving bowls and add a dollop of yogurt.

### Nutritional Analysis (Per Serving)

Calories: 295

Total fat: 6.5g

Saturated fat: 1g

Monounsaturated fat:

Polyunsaturated fat:

Cholesterol: 0mg

Sodium: 415mg

Carbohydrates: 56g

Protein: 11.5g

Fiber: 7.5g

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