

Cathy's "Divine" Butternut Soup

Ingredients (soup):

1 tbsp butter
½ cup chopped onions
1 tsp curry powder
1 ½ cups low-sodium, reduced fat chicken broth
½ cup apple juice
4 cups peeled and cubed butternut squash
1 cup peeled, chopped pears
¼ tsp salt

Ingredients (garnish):

1/3 cup low fat sour cream
Parsley

Directions:

Melt the butter in a medium saucepan. Add the onions and cook over medium high heat until tender, about 5 minutes. Sprinkle curry powder over onions and cook 1 more minute.

Add broth, apple juice, squash and pears. Bring to a boil. Reduce heat to medium-low. Cover and simmer for 15 to 20 minutes, until squash is tender.

Transfer soup to blender in batches. Pulse until soup is pureed. Return to pot. Add salt.

To serve, ladle soup into individual bowls. Add a heaping tablespoon of sour cream in the middle, sprinkle with chopped parsley.

Makes 4 servings.