

Delicata Squash Soup



Ingredients:

- 3 Delicata Squash cut in half with seeds and fibrous strands removed
- 1 yellow onion medium chopped
- 2 cups vegetable broth or stock
- 1 ½ cup heavy cream
- 2 Tbs butter
- Salt and pepper to taste

Prep: 20 minutes

Cook: 1 hr and 15 min

Directions:

Preheat oven to 325 degrees F
Place the squash cut side down on a casserole dish
Add about ¼ inch of water to baking dish
Cover with aluminum foil
Bake for 35-40 minutes until tender.
Remove from oven and cool.
Once cool scrape flesh out of skin and place in a bowl
In a large sauce pan, melt butter
Add onion and cook until soft
Add delicata flesh, stock, and heavy cream. Cook on medium for 25 minutes stirring occasionally
Use an immersion blender or puree in a food processor or blender.
Add salt and pepper to taste.

Try adding garlic or ginger to taste

Nutritional Facts:

Calories: 417kcl, total fat: 32gm, cholesterol: 110 mg, carbohydrate: 34g, fiber 4.3g, sugar: 10g, sodium: 345 mg (depending on taste). Protein: 4.5g