

## **Butternut Squash Soup**

### **Recipe by Carole Carter, From My Carolina Home**

Delicious fall flavor abounds in an easy to make soup. This soup makes a nice light meal for the night before Thanksgiving, or lunch the day after.

#### **Ingredients**

1 butternut squash (about 1 pound per person)  
1/4-1/2 cup chopped onion (depending on the size of your squash)  
fat free half and half - about 1-2 cups, more or less depending on the amount of squash  
grated cheese (Italian blend, mozzarella, or Parmesan) and dried parsley for garnish

#### **Directions**

Cut squash in half lengthwise, remove the seeds, and put cut side down on a baking sheet. Bake the squash for one hour at 350°. Turn cut side up and allow to cool so you can handle them.

While the squash cools off, chop some onion. Sauté the onion until translucent and lightly browned.

Scrape the squash pulp out of the skin into a bowl.

Put the onion and a glug of half and half in a blender or food processor. Blend until nicely pureed. I can't tell you exactly how much to use, as it will depend on how much squash you have. Add half the squash and puree the mixture, adding as much half and half as needed to make a smooth soup. Add the remainder of the squash, and as much more half and half as needed. Process until smooth.

When you have the soup at the consistency you like, pour into a saucepan and heat through.

To serve, ladle the soup into a bowl. Add a little mound of grated cheese in the middle. Add some dried parsley flakes to finish.

