

## October 2014 Recipe



### Spicy Butternut Squash Soup

This silky-smooth butternut soup gets a hit of spice from chipotle, cloves and cumin. Adapted from Chef Jesús González, Chef of La Cocina Que Canta at Rancho La Puerta.

**Makes 6 servings**

**Active Time:** 45 minutes

**Total Time:** 1 hour 20 minutes

### Ingredients

- 1 1/2 pounds of (1 small to medium) butternut or other winter squash
- 1 teaspoon of canola oil
- 2 stalks of celery, chopped
- 1 small onion, diced
- 1 carrot, chopped
- 1 teaspoon of ground cumin
- 1/4-1/2 teaspoon of ground chipotle chile (see Tip)
- 1/8 teaspoon of ground cloves
- 6 cups of vegetable broth
- 1 teaspoon of sea salt
- 1/4 teaspoon of freshly ground pepper
- 1/2 cup of nonfat plain yogurt
- 2 tablespoons of snipped fresh chives or chopped parsley

### Directions

1. Preheat oven to 350°F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. Scoop out flesh when cool enough to handle.
3. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8

- to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes.
4. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with salt and pepper. Garnish with a drizzle of yogurt and sprinkle of chives (or parsley).

### Notes and Tips:

Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty-spice section of most supermarkets.

Make Ahead Tip: Cover and refrigerate the soup for up to 3 days.

### Nutrition information

**Per serving:** 91 calories; 17 g carbohydrates; 2 g fat (0 g sat., 1 g mono); 3 g protein; 0 mg cholesterol; 4 g dietary fiber; 354 mg potassium; 694 mg sodium.

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