

# Butternut Squash Bisque (Slow Cooker)

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*3 medium carrots, coarsely chopped*  
*1 large Granny Smith apple, coarsely chopped*  
*1 medium yellow onion, coarsely chopped*  
*2 containers (13 ounce ea)(5 cups) diced buttermilk squash*  
*1 carton (32 ounce) vegetable broth*  
*1 cup Alfredo sauce*  
*3 tablespoons maple syrup*  
*1 1/2 teaspoons Kosher salt*  
*1 teaspoon pumpkin pie spice (or ground cinnamon)*  
*1/2 cup roasted pumpkin seeds*  
*1/2 cup garlic-herb spreadable cheese*

Peel the carrots, apple and onion. Cut all into 1/2-inch cubes. Place in a slow cooker.

Stir in the squash and broth.

Cook on HIGH for three hours (or LOW for 5 hours) or until the vegetables are soft.

Puree' the vegetable mixture using a stick blender (or cool slightly and puree' in batches in an electric blender and return to the slow cooker).

Stir in the Alfredo sauce, syrup, salt and pumpkin pie spice.

Ladle the soup into serving bowls. Top with one tablespoon of pumpkin seeds and one tablespoon of cheese.

Serve.

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Per Serving (excluding unknown items): 994 Calories; 49g Fat (42.6% calories from fat); 22g Protein; 125g Carbohydrate; 14g Dietary Fiber; 142mg Cholesterol; 5853mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 6 Vegetable; 1 Fruit; 9 Fat; 2 1/2 Other Carbohydrates.