

# **Acorn Squash Soup**

Integrated Marketing Services, Apopka, FL

**Servings: 8**

**Preparation Time: 10 minutes**

**Cook time: 1 hour 20 minutes**

**2 medium (about 3 pounds) acorn squash OR butternut squash**

**3 cups chicken broth**

**3 cups half-and-half**

**1/3 cup brown sugar, firmly packed**

**1 teaspoon ground cinnamon**

**1/4 teaspoon nutmeg**

**1/4 cup creamy peanut butter (optional)**

Preheat the oven to 350 degrees.

Lightly coat two baking pans with nonstick cooking spray.

Cut each squash in half lengthwise. Remove and discard the seeds and membranes. Place the squash halves, cut side down, into the baking pans.

Bake, uncovered, for 1 hour. Let cool.

Scoop out the squash pulp. Discard the rind. Place the pulp in a food processor. Puree' for 2 minutes or until smooth.

Combine the puree'd squash, chicken broth, half-and-half, sugar, cinnamon and nutmeg into a large Dutch oven. Stir.

Cook, uncovered, over low heat, stirring occasionally, for 15 minutes or until heated through.

If desired, whisk the peanut butter with one cup of the hot soup in a medium bowl until smooth.

Stir the mixture into the soup in the pot. Cook 5 minutes more.

Serve hot.

---

Per Serving (excluding unknown items): 38 Calories; 1g Fat (12.9% calories from fat); 2g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 289mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.