

Autumn Soup

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Servings: 4

*1 butternut squash
1 acorn squash
2 tablespoons olive oil, divided
3 strips uncooked bacon, chopped
1 onion, diced
2 cloves garlic, diced
2 teaspoons cumin
1 teaspoon freshly ground black pepper
1 carton (32 ounce) chicken broth
sriracha hot chili sauce
4 teaspoons pistachios (optional), chopped*

Preparation Time: 15 minutes

Cook Time: 1 hour 30 minutes

Preheat the oven to 425 degrees.

Cut both squashes lengthwise and scoop out the seeds. Place both squash on a parchment paper-lined baking sheet. Drizzle each half with one tablespoon of olive oil.

Bake for about 45 minutes or until the squash is tender. Remove from the oven. Allow to cool.

Scoop out the flesh from the peel. Chop roughly.

In a large pot, heat one tablespoon of olive oil. Add the bacon and onions. Cook for 5 minutes or until the bacon is browned. Add the garlic. Cook for another 2 to 3 minutes. Add the squash, cumin and black pepper to the pot. Stir.

Pour the broth over the veggies until covered.

Allow to cook for 20 minutes. Remove from the heat.

Using a blender, blend the soup until creamy.

Return the blended soup to the pot. Keep warm on low heat until ready to serve.

Once placed in bowls, squeeze about 1/4 teaspoon of sriracha sauce on top of each serving and swirl into the soup. Top with pistachios, if desired.

Per Serving (excluding unknown items): 322 Calories; 8g Fat (19.9% calories from fat); 7g Protein; 65g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.