

# **Butternut Squash and Sage Soup with Sage Breadcrumbs**

Deborah Madison - epicurious.com, printed in Bon Appetit, February 2008  
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**Servings: 6**

*The soup can be made one day ahead. Chill uncovered until cold, then cover and chill. Rewarm before serving.*

*The breadcrumbs can be made four hours ahead. Let stand uncovered at room temperature.*

## **SOUP**

**1 1/2 tablespoons butter**  
**1 1/2 tablespoons olive oil**  
**2 cups onions, chopped**  
**2 tablespoons fresh Italian parsley, chopped**  
**2 teaspoons fresh sage, chopped**  
**4 cups butternut squash, peeled and seeded and cut into 1/2-inch cubes**  
**1 1/2 teaspoons coarse sea salt**  
**1 clove garlic, minced**  
**5 to 6 cups chicken stock or organic chicken broth**

## **BREADCRUMBS**

**2 crustless slices fresh whole grain wheat bread, torn**  
**4 teaspoons butter**  
**1 tablespoon fresh sage, finely chopped**

For the soup: In a large pot over medium-high heat, melt the butter with the oil.

Add the onions, parsley and sage. Saute' until the onions are softened, about 5 minutes.

Add the squash and coarse salt. Saute' until the squash softens and the onions are golden, about 6 minutes.

Add the garlic and stir for 1 minute.

Add five cups of the stock. Bring to a boil. Reduce the heat. Cover and simmer until the squash is very soft, about 25 minutes. Cool slightly.

Working in batches, puree' the soup in a blender, allowing some texture to remain.

Return the soup to the pot. Thin with stock, if desired.

Season with pepper and more salt, if desired.

For the breadcrumbs: Place the bread in a food processor. Blend until fine crumbs form but some slightly coarser crumbs remain.

Cook the butter in a large nonstick skillet over medium heat until golden, about 2 minutes.

Add the breadcrumbs and sage. Cook until the crumbs are crisp, stirring frequently, about 10 minutes.

Remove from the heat and cool.

Ladle the soup into bowls. Sprinkle with breadcrumbs and serve.

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Per Serving (excluding unknown items): 142 Calories; 9g Fat (53.7% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 2 Fat.