

# **Butternut Squash Soup**

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**Servings: 8**

**Preparation Time: 30 minutes**

**Roast Time: 45 minutes**

**2 tablespoons olive oil, divided**

**2 medium (2 pounds ea) butternut squash, halved lengthwise and seeded**

**2 medium red onions, cut into wedges**

**1 pound fresh shitake mushrooms, stems discarded and caps sliced**

**2 cans (14 oz) reduced-sodium chicken broth**

**1/2 cup pine nuts, toasted and divided**

**1/2 cup Parmigiano-Reggiano cheese, finely grated**

Preheat the oven to 400 degrees. Arrange the racks in the upper and lower thirds.

Brush two 15x10x1-inch baking pans with one tablespoon of the olive oil.

Place the squash, cut side down, in one of the prepared pans.

Roast for 45 to 60 minutes or until tender. Remove from the oven and turn the squash over to cool slightly.

In a large bowl, toss together the onion and 1 1/2 teaspoons of the remaining oil. Place in one side of the remaining pan.

In a small bowl, toss together the mushrooms and remaining oil. Place in the other side of the pan and season with salt and pepper.

Roast, stirring occasionally, for about 30 to 45 minutes or until tender. Set aside half of the mushrooms.

Bring the broth and three cups of water to a simmer in a saucepan. Remove from heat and keep warm, covered.

Scoop out the flesh from the squash into a bowl (discard the skin).

In a food processor, process, in batches, the squash, broth, half of the mushrooms, 1/4 cup of pine nuts and the cheese until smooth.

Transfer, as processed, to a large saucepan and reheat over low heat. Add additional water, if needed, to reach the desired consistency.

Ladle the soup into bowls, Top with the remaining mushrooms and 1/4 cup of pine nuts.

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Per Serving (excluding unknown items): 285 Calories; 8g Fat (23.2% calories from fat); 7g Protein; 54g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.