

Curried Squash Soup II

Melissa Corbin
Relish Magazine

Servings: 6

Yield: 6 cups

2 tablespoons olive oil
1/2 cup onion, chopped
2 cloves garlic, minced
1 ripe pear, peeled and chopped
2 cups butternut squash or pumpkin
cubes, roasted
1 1/2 teaspoons curry powder
1/8 teaspoon salt
3 cups reduced-sodium chicken or
vegetable broth
1 cup cream
1 tablespoon sherry

Heat the oil in a large saucepan over medium heat. Add the onion and saute' until soft. Stir in the garlic, pear, squash, curry and salt. Saute' for 5 minutes.

Place the mixture in a food processor. Pulse until smooth.

Return to the pan. Add the broth. Bring to a simmer. Cook for 15 minutes.

Stir in the cream and sherry and heat through.

To roast butternut squash or pumpkin: preheat the oven to 400 degrees. Toss the cubed, peeled squash with olive oil, salt and pepper. Spread in a single layer on a baking sheet. Roast for 20 minutes, until very tender and golden brown.

Per Serving (excluding unknown items): 149 Calories; 15g Fat (87.6% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	149
% Calories from Fat:	87.6%
% Calories from Carbohydrates:	9.0%
% Calories from Protein:	3.4%
Total Fat (g):	15g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	35mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Refused:	n n%

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): 1g
 Sodium (mg): 58mg
 Potassium (mg): 81mg
 Calcium (mg): 43mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 380IU
 Vitamin A (r.e.): 93RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 149 **Calories from Fat:** 130

% Daily Values*

Total Fat	15g	22%
Saturated Fat	7g	34%
Cholesterol	35mg	12%
Sodium	58mg	2%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	1g	

Vitamin A	8%
Vitamin C	3%
Calcium	4%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.