

Gingered Squash and Pear Soup

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1 onion, chopped
1 tablespoon ginger, grated
1 large butternut squash, peeled, seeded and cut in chunks
2 ripe pears, peeled, cored and chopped
4 cups chicken broth
salt (to taste)
pepper (to taste)
sour cream (for garnish)
toasted pumpkin seeds (for garnish)

In a large pot, saute' the onion and ginger in a little oil until the onion is tender.

Add the squash, pears, broth, salt and pepper.

Bring to a boil. Cover and reduce the heat. Simmer for 15 minutes until the squash is tender.

Cool slightly and then puree' until smooth.

Garnish with sour cream and pumpkin seeds.

Yield: 8 cups

Per Serving (excluding unknown items): 980 Calories; 8g Fat (6.3% calories from fat); 38g Protein; 216g Carbohydrate; 32g Dietary Fiber; 0mg Cholesterol; 3126mg Sodium. Exchanges: 12 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fat.