



Butternut Squash Soup

"Delicious and very easy to make. You can use 3 to 4 cups of chicken broth instead of the water and bouillon cubes. Also works well with half as much cream cheese if you don't want it too rich."

Prep Time 25 m

Cook Time 35 m

Ready In 1 h

Servings 6

Calories per serving 397

Ingredients

- 6 tablespoons chopped onion
- 4 tablespoons margarine
- 6 cups peeled and cubed butternut squash
- 3 cups water
- 4 cubes chicken bouillon
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 2 (8 ounce) packages cream cheese

Directions

1. In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.
2. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Footnotes

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

Per Serving: 397 calories; 33.4 g fat; 20.2 g carbohydrates; 7.7 g protein; 83 mg cholesterol; 1081 mg sodium.