

# Roasted Butternut Squash Soup

Adapted from the New England Cookbook by Brooke Dajny



## Servings: 4

*The original recipe called for fresh pumpkin or squash, and used 6 Tb of butter. I preferred to have a creamy look to the soup, so add the fat-free half and half. It's not a necessary ingredient. When I make it, I always double it since it is such a favorite around our house. I just scoop it into plastic freezer bags in serving size portions (about 2 cups per person) and lie flat on a large cookie sheet until frozen solid. The original recipe also added a dollop of sour cream or creme fraiche, but I prefer the minced nuts. I prefer not to have the pieces of rosemary in the soup, so I strain the soup to remove most of it. Or, better yet, if you use fresh rosemary you can just remove the entire sprig. If you want to make the vegetable preparation easier, use a potato peeler on the squash before it's baked, and remove the garlic from its skins; if you do that, you don't have to handle the squash at all after it's baked.*

- 4 pounds butternut squash
- 2 tablespoons butter
- 1/4 cup brown sugar
- 1 large onion, peeled, chunked
- 3 large carrots, peeled, chunked
- 4 large garlic cloves, whole, unpeeled
- 1 large apple, peeled, chunked
- 2 teaspoons dried rosemary, or 1 T fresh
- 8 cups low sodium chicken broth
- 2 cups apple juice
- 1 teaspoon ground ginger
- 1/2 teaspoon ground mace
- 1/4 cup pecans, minced
- salt and pepper
- 1 cup fat free half-and-half

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

1. Preheat your oven to 350. Cut the squash in half (I use a rubber mallet to pound the knife blade as the large squashes are usually quite unwieldy to cut). Scoop out the seeds with a spoon. Place the halves cut side up in a very large roasting pan. Divide the butter and brown sugar among the cavities. Arrange the onion, carrots, garlic and apple around the squash. Sprinkle with rosemary, then salt and pepper. Pour 2 cups of the chicken broth around the vegetables and cover the pan tightly with foil. Roast in the preheated oven, stirring once or twice (if you remember, that is) until the vegetables are all very soft and somewhat caramelized, about 2 hours.
2. Open up the foil and allow the vegetables to cool at least 15 minutes. Scoop out the squash pulp, being careful not to include any skin. Remove the garlic from their skins. Process all the vegetables and apple mixture in a food processor, in batches if necessary, adding enough remaining chicken broth to achieve a smooth puree. Add the fat free half and half.
3. Toast the pecan pieces in the oven for a short time, or use a nonstick skillet. Don't burn! Set aside until ready to serve the soup. Transfer the puree to a large saucepan, add the ginger and mace and season with salt and pepper as needed. Bring the soup to a boil, under gentle heat and simmer for a few minutes to meld the spices. Serve the soup in bowls sprinkled with toasted pecans.

Per Serving (excluding unknown items): 563 Calories; 11g Fat (17.3% calories from fat); 28g Protein; 94g Carbohydrate; 11g Dietary Fiber; 16mg Cholesterol; 1198mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.