Butternut Squash Soup with Jalapeno & Ginger

Our House, South County cooking school



Silky smooth and very low calorie too.

2 tablespoons olive oil

6 cloves garlic, minced

2 tablespoons ginger, grated

1 small jalapeno chile pepper, seeded and chopped

1 tablespoon salt

1/4 teaspoon cayenne

4 pounds butternut squash, peeled and cubed (see notes)

3 cups chicken broth

3 cups water

1 tablespoon brown sugar

3 tablespoons heavy cream

3 tablespoons creme fraiche, for garnish

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

Servings: 8

You can buy a fresh squash for this, or buy one-pound bags of frozen cubed butternut squash at the grocery store, C&W brand. If you're sensitive to hot chiles, you might decrease the amount of it.

1. Heat olive oil in large stock pot. Add garlic, ginger, jalapeno and salt. Cook, stirring constantly, until fragrant but not yet browned, about 1-2 minutes. Add cayenne and cook for another 30 seconds. Add squash, broth, brown sugar and water. Bring to a boil, lower heat to a simmer and cook, stirring occasionally, until squash is tender, about 30 minutes.
2. In a blender puree the soup in batches until smooth. Be careful not to overfill the blender container as the heat will explode the top off the blender. Pour back into the soup pot and stir in cream and adjust seasonings to taste. Serve hot with a little swirl of creme fraiche, if desired.

Per Serving (excluding unknown items): 178 Calories; 8g Fat (36.9% calories from fat); 4g Protein; 26g Carbohydrate; 4g Dietary Fiber; 13mg Cholesterol; 1102mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.