

Butternut Squash Soup

Serves 4

1 tbsp reduced-fat butter or margarine (not fat-free)
½ c chopped onions
1 tsp curry powder
1 ½ cups low-sodium, reduced-fat chicken broth
½ c apple juice
4 cups peeled, cubed butternut squash
1 cup peeled, chopped pears
¼ tsp salt
1/3 cup low-fat sour cream
Fresh parsley for garnish

Melt butter in a medium saucepan. Add onions and cook over medium heat until tender, about 5 minutes. Sprinkle curry powder over onions and cook 1 more minute.

Add broth, apple juice, squash, and pears. Bring to a boil. Reduce heat to medium-low. Cover and simmer for 15-20 minutes, until squash is tender.

Transfer soup to a blender or food processor. Pulse on and off until mixture is pureed. Return to pot. Add salt.

To serve, ladle soup into individual heated bowls and spoon a generous tablespoonful of low-fat sour cream in the centre. Garnish with fresh parsley, if desired.