

Butternut Shout

You butternut cry. You butternut pout, we're telling you why: Fan applause is comin' to town! (Make that a standing ovation for this curried butternut squash soup that's good for goodness sake.)

Ingredients

- **1 tablespoon** reduced-fat butter or margarine (not fat-free)
- **1/2 cup** chopped onions
- **1 teaspoon** curry powder
- **1-1/2 cups** low-sodium, reduced-fat chicken broth
- **1/2 cup** apple juice
- **4 cups** peeled, cubed butternut squash
- **1 cup** peeled, chopped pears
- **1/4 teaspoon** salt
- **1/3 cup** low-fat sour cream
- **Fresh parsley** for garnish (optional)

Instructions

1. 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.
2. 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.
3. Transfer soup to a blender or food processor. Pulse on and off until mixture is puréed. Return to pot. Add salt.
4. To serve, ladle soup into individual bowls and spoon a generous tablespoonful of low-fat sour cream in the center. Garnish with fresh parsley, if desired.

Yield: Makes 4 servings.