

Butternut Squash and Pear Soup

Ingredients:

2 Tablespoons butter
2 Medium onions diced
1 Medium butternut squash peeled/diced. (Two bags frozen)
4 Pears peeled and diced
1 Rosemary sprig (optional)
1 Large can chicken stock
Salt/Pepper/Sugar to taste



Directions:

1. Sauté onion in butter till translucent.
2. Add squash and pear until it slightly sweats.
3. Add stock and rosemary and bring to a boil.
4. Reduce heat and simmer until squash and pear are tender.
5. Remove rosemary sprig and puree with a stick blender.
6. Season with salt, pepper or sugar.

Tips & Facts:

- ✓ Store your squash in a cool, dark place (a basement or closet works well). Then, enjoy your squash throughout winter. Under the right storage conditions, your butternut squash should last two to three months.
- ✓ If your butternut squash is truly ripe (and therefore a good candidate for storage), you shouldn't be able to break the skin with your fingernail.
- ✓ When choosing a butternut squash, opt for one that feels heavy for its size.
- ✓ The flesh is full of vitamins A and C, and it has a naturally sweet flavor that really emerges when roasted.
- ✓ The seeds are packed with protein and heart-healthy fats.
- ✓ It's a delicious seasonal squash that can be cooked in a variety of ways– baked or roasted, in a puree, in soups or stews, and as a sweet addition to other hearty winter dishes.
- ✓ Roast the seeds – Preheat oven to 325. Cover seeds with water to help separate seeds from squash threads. Drain. Spread seeds on baking sheet. Season with salt and any other seasoning. Bake approximately 20 minutes.

Nutrition Facts (per serving):

Calories: 192 cal; Carbohydrates:34 g;
Total Fat:5.2 g; Protein: 4g; Fiber: 6 g;

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Butter	\$3.69/ 8 oz. box	\$.23
Onions	\$.99 each	\$1.98
Butternut Squash	\$1.59/1 each	\$1.59
Pears	\$.79 each	\$3.16
Chicken Stock	\$2.79/1 17.6 oz box	\$2.79
TOTAL	\$13.22	\$9.75
		Cost per Serving: \$1.62

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