

# Acorn Squash Soup

**Serves: 6**

## Roasted Acorn Squash Soup

### Ingredients:

2 acorn squash, halved and seeded  
Water as needed  
3 Tablespoons unsalted butter  
1 large sweet onion, chopped  
1 large carrot, peeled and chopped  
1 clove garlic, minced  
3 ½ cups low sodium chicken stock  
¼ cup half and half (can use milk)  
½ teaspoon cinnamon  
Salt and pepper to taste

### Directions:

1. Preheat oven to 400 F.
2. Cut squash in half and remove seeds.
3. Place squash on baking sheet with cut side down. Pour enough water in baking dish to cover the bottom
4. Bake in preheated oven about 45 minutes. Remove and allow to cool. Scoop flesh into bowl and set aside
5. Melt butter over medium heat. Cook onion, carrot & garlic until soft about 7 minutes. Pour chicken stock into pot and add squash.
6. Bring mixture to a simmer and cook for 20 minutes.
7. Pour mix into blender no more than half full. Cover and pulse a few times. Puree in batches.
8. Stir in half and half or milk and cinnamon; season with salt and pepper. Thin with water if needed.

### Tips & Facts:

#### To Microwave Acorn squash:

1. Cut squash in 1/2, and scoop out the seeds
2. Lay cut side down on a piece of microwave safe plastic wrap placed directly on microwave bottom or plate.
3. Cook on high in 5 minute intervals until completely softened and cooked through, about 5 to 7 minutes for 1/2 an acorn squash.
4. Cook times will vary depending upon the size and variety of your squash.

#### Nutrition Facts (per serving):

**Calories: 155 cal; Carbohydrates: 21 g;  
Total Fat: 7.5 g; Protein: 3.9g; Fiber: 5.8 g;**



### Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Acorn squash	\$1.50 each	3.00
butter	3.99/lb.	.41
onion	.99	.99
carrot	1.29	.16
Low sodium chicken broth	2.79	2.52
Half and half	2.69	.32
cinnamon	3.62	.47
		<b>\$7.87</b>
<b>TOTAL</b>	<b>\$16.87</b>	<b>Cost per serving: \$1.31.</b>