

## Savory Butternut Squash Soup

This tasty soup combines butternut squash and spicy ginger. Create this soup when entertaining guests or just for a family dinner. You'll love the results when you make savory butternut squash soup.

### Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 1-1/2 pounds pre-cut cubes butternut squash, fresh or frozen (about 4 cups)
- 4 cups low sodium chicken broth
- 1 tablespoon pure maple syrup
- 3/4 teaspoon salt
- 4 teaspoons plain low-fat yogurt for garnish

### Instructions:

Heat the oil over medium heat in a 6-quart stockpot. Add the onions and cook until soft but not brown, about 6 minutes.

Add the garlic, allspice and ginger and cook, stirring frequently, for 1 minute more. Add the butternut squash, broth, and salt and bring to a boil. Reduce heat to medium-low and simmer until squash is tender and the broth is slightly reduced, about 15 minutes for fresh squash and 5 minutes for frozen. Remove from heat stir in maple syrup. Allow to cool slightly, about 15 minutes, then puree with an immersion blender or in a regular blender, about 1 cup at a time, until smooth. Ladle into serving bowls and garnish with yogurt, if using.



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