

Roasted Butternut Squash and Pear Soup

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-winter-squash-soup-recipe>

Ingredients:

- 1 teaspoon squash
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 butternut squash small, about 2.5 lbs., with skin on
- 1 onion medium, chopped
- 2 garlic cloves small, minced
- 1 carrot
- 1 celery
- 1/2 jalapeno pepper seeded and finely chopped, you can use more if you like it hot
- 1 pear I used Bartlett
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper more to taste
- 8 cups chicken broth
- 2 sprigs fresh thyme

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 330 milligrams

9. Sugar: 6 grams

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