

Butternut Squash Soup for Thanksgiving and Beyond

Yield: 7 min
Total Time: 60 min

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

Ingredients:

- 2 tablespoons unsalted butter
- 2 carrots medium-size, peeled and sliced
- 2 celery ribs, thinly sliced
- 1 onion small, sliced
- 2 3/4 pounds squash assorted fall, such as butternut, acorn, and Hubbard, peeled and cut into chunks
- 2 pears cored and cut into large dice
- 6 cups chicken stock
- 1/4 teaspoon ground cinnamon
- 1 teaspoon salt
- freshly ground black pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 670 milligrams
9. Sugar: 15 grams

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