

# Creamy Squash Soup

## Ingredients:

- 1/4 c. butter
- 1 medium finely chopped onion
- 6 c. peeled and cubed butternut squash
- 3 c. chicken broth (plus extra to adjust consistency if needed)
- 1/8 tsp. cayenne pepper
- 1/4 tsp. black pepper
- 3/4 tsp. dried rubbed sage (or to taste)
- 16 ounces light cream cheese

Featured in:  
<http://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-squash-soup-warms-an-autumn-evening>

## Directions:

- In a large saucepan, sauté onions in butter until tender. Add squash, chicken broth, cayenne and black pepper, and sage. Bring to a boil and cook 20 minutes or until squash is tender. Puree the squash mixture and cream cheese in a blender or food processor in batches until smooth. Return to saucepan and heat through. Do not allow to boil. If it needs thinning, add additional chicken broth until desired consistency is reached.
- The recipe was analyzed with reduced-sodium chicken broth.

*Makes eight servings. Each serving has 250 calories, 14 grams (g) of fat, 9 g of protein, 21 g of carbohydrate, 5 g of fiber and 360 milligrams of sodium.*

**NDSU** EXTENSION  
SERVICE