

butternut squash bisque

SERVES 6

COOKING TIME: 30 minutes

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- 1-1 ½ Tbsp extra virgin olive oil
 - 1 large butternut squash, peeled and cubed or 1 (32-oz) container pre-cut butternut squash
 - 1 medium Vidalia onion, diced fine
 - ½ - ¾ tsp [Homemade Lawry's Seasoned Salt](#)
 - 1 (32-oz) box fat free vegetable or chicken broth
 - 8 oz lite canned coconut milk
 - ⅛ tsp ground nutmeg
 - ⅛ tsp cinnamon
 - ⅛ tsp sage
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Chicken broth provides a more subtle flavor than vegetable broth for this recipe. Vegetable broth does provide a vegetarian/vegan option, however.

HEAT olive oil in a large soup pot until it shimmers.

ADD butternut squash and onion.

ADD Homemade Lawry's Seasoned Salt and sauté for 3-5 minutes or until onions are clear and caramelized.

ADD broth and bring to a boil.

LOWER heat and add coconut milk.

SIMMER until squash is tender, about 20 minutes.

ADD nutmeg, cinnamon and sage.

LET it cool a bit, then use a handheld emersion blender to puree soup directly in the pot. Or, transfer the soup to a blender and puree.

