



## BUTTERNUT SQUASH & CARROT SOUP

Final Lifestyle

### INGREDIENTS

- 1 TBS butter or margarine
- 3 cups peeled, diced butternut squash (about 1 small squash)
- 2 cups thinly sliced carrots (4 medium carrots)
- $\frac{3}{4}$  cup thinly sliced leeks or chopped yellow onion
- 2 (14.5 ounce) cans reduced-sodium chicken broth
- $\frac{1}{4}$  TSP ground white pepper
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  cup regular or fat-free half-and-half or light cream
- Fresh tarragon leaves (optional)

### INSTRUCTIONS

—In a large saucepan over medium heat melt butter or margarine. Add squash, carrots, and leeks or onion to pan. Cook , covered, for 8 minutes, stirring occasionally. Add broth. Bring to a boil; reduce heat. Simmer, covered, for 25 minutes or until vegetables are very tender.

—Place one-third of the squash mixture in a food processor bowl or blender container. Cover; process or blend until almost smooth. Repeat with remaining mixture.

—Return mixture to saucepan. Add white pepper and nutmeg. Bring just to boiling. Add half-and-half or light cream; heat through. Ladle into soup bowls. (If desired, garnish with fresh tarragon.)

**SERVING INFO:** (Serves 6)

1 cup = 2 V

See photo of recipe at [Instagram](#) and [Facebook](#).