

Lightly Curried Butternut Squash Soup

Ingredients

- 1 Butternut Squash
- 1 Tbsp. Butter
- 1 medium Onion, chopped
- 1 Green Bell Pepper, chopped
- 3 Cloves Garlic, finely chopped
- 1 tsp Ground Cumin
- 1 tsp Ground Coriander
- 1 tsp Ground Turmeric
- 1 tsp Cayenne Pepper
- ½ cup Greek Yogurt-Plain, Low-fat
- Salt and Pepper, to taste

*Optional Additions: sour cream, chopped scallions, chopped fresh cilantro

Directions

1. To prepare squash: peel off skin with a potato peeler. Cut the squash in half lengthwise with a sharp knife, then scoop out the seeds and goop.
2. Slice off the stem and the bottom of the squash. Place each half of the squash flat side down on a cutting board. Chop each half into ½ inch slices, then cut each slice into cubes.
3. Next, melt the butter in a large pot over medium heat. Add the onion, bell pepper, and garlic and sauté until translucent, about 2 minutes.
4. Add the cubed squash and spices together, and stir. Put a lid on the pot and cook for 2 minutes more. Add the yogurt and 3 cups of water and stir.
5. Bring the soup to a boil, then turn down the heat to low and let it cook until the squash is tender, about 30 minutes. Taste the soup and add salt and pepper as needed.
6. If you have an immersion blender, you can puree the soup in the pot. If you have a stand blender, wait until the soup has cooled before transferring it to the blender.

Nutrition Information (per serving)

Serving size: 1 cup, Servings: 8; Calories: 109, Protein: 4g, Carbohydrate: 22g, Sugar: 5g, Fat: 2g, Sodium: 304 mg

(Adapted from *Good and Cheap, Eat Well on \$4 a Day*)