

Butternut and Bean Soup

PREP: 10 minutes/COOK: 40 minutes/YIELD: 8 x 1-cup servings

This soup is thick and creamy thanks to the beans, which also lend a healthy dose of protein and fiber. It is also a great make a head dish: If you blend it ahead of time, all you have to do is heat and eat when hunger- strikes. See below for an additional time saving trick.

1 butternut squash, about 3lbs, halved lengthwise and seeds scooped out
Eat Clean Cooking Spray
1 tsp extra virgin olive oil
1 onion, halved and thinly sliced
1 tsp herbes de Provence
1 clove garlic, minced
2 cups cooked, drained and rinsed or 1x15-oz can cannellini beans or white kidney beans
1 ½ cups low-fat milk, plain unsweetened soy milk, almond milk or other milk substitute
½ tsp ground cinnamon
¼ tsp ground cumin
Pinch freshly grated nutmeg
Pinch cayenne
½ tsp sea salt
¼ tsp pepper
¼ tsp pure vanilla extract

Preheat oven to 400 F. Spray the flesh of the squash with Eat Clean Cooking Spray and place on a baking sheet, flesh side down. Bake until tender when pierced with a skewer, about 40 minutes. Remove and let cool until comfortable to handle.

While the squash cools, heat olive oil in a large skillet on medium high. Add onion and herbes de Provence, and cook, stirring occasionally, until starting to brown, about 3 minutes. Reduce heat to medium and continue to cook until very soft and well browned, 5 to 10 minutes more. Stir in garlic and cook for 2 or 3 minutes or until fragrant. Transfer to a blender.

Scoop squash out of skin and transfer to blender. Add beans, milk spices, salt, pepper and vanilla extract. Blend until very smooth. Transfer the soup to a pot and bring to a gentle simmer to heat through. The soup is ready to serve.

TIME SAVER

Want to cut down on the cooking time for this soup? Substitute 4 cups pureed pumpkin (not the pie mix) or sweet potato puree. You can have the soup ready to eat in less than 20 minutes.

Calories: 156, Calories from Fat: 18 Protein: 2g, Carbs: 25g, Total Fat: 2g, Saturated Fat: 0.5g, Trans Fat: 0g, Fiber: 1g, Sodium: 274mg, Cholesterol: 2mg