

Curried Butternut Squash Soup with Lime Crema by Lynn's Recipes



A great way to use your roasted butternut squash to make a delicious soup. Great for cool Fall days. This recipe is one from Robin Miller from Food Network.

Ingredients:

- 2 halves roasted butternut squash
- 2 cups Vegetable broth
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon curry powder
- Salt and ground black pepper to taste

Scoop flesh out of butternut squash with a spoon or cut it out with a knife. In a medium saucepan, combine broth, flesh of butternut squash, garlic powder, onion powder, curry powder, salt and pepper. Bring soup to a boil and reduce heat to simmer for about 10 minutes. Puree soup with an immersion blender until smooth. (You can also use a blender or food processor, if desired) Ladle into bowls. Serve with a dollop of Lime Crema, if desired.

Lime Crema

- ½ cup reduced-fat sour cream
- ¼ teaspoon lime zest
- 1 tablespoon lime juice

In a small bowl, combine sour cream, lime zest, and lime juice. Serve over Curried Butternut Squash Soup.

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Lynn's Recipes: October 2011
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