



Butternut Squash-Bartlett Pear Soup

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Chef Bryant Terry came up with this recipe during a cooking demonstration in Memphis, Tenn. "I went to the market and saw these beautiful squash and juicy pears," he explains. "With some crusty bread, you can actually make a meal out of it."



Ingredient List

Serves 6

- 3 Tbs. olive oil
- 2 medium leeks, white and tender green parts finely chopped (3 cups)
- 1 small butternut squash, peeled and cut into 1-inch pieces (2 lb.)
- 3 Bartlett pears, peeled, cored, and cut into 1-inch pieces (1 1/2 lb.)
- 5 cups low-sodium vegetable broth
- 1 14-oz. can light coconut milk
- 1 tsp. chopped fresh thyme
- Pumpkin seeds for garnish, optional

Directions

1. Heat oil in saucepan over medium-low heat. Add leeks, and cook 10 minutes, or until soft, stirring often.
2. Add squash and pears, and sauté 5 minutes. Stir in vegetable broth, and bring to a boil. Reduce heat to medium-low, and add salt, if desired. Simmer 20 minutes, or until squash is fork-tender.
3. Remove from heat, and stir in coconut milk. Purée soup in batches in blender or food processor, or use immersion blender in saucepan; blend until smooth. Return soup to saucepan, and stir in thyme. Reheat over medium-low heat 2 to 3 minutes, or until warmed through. Season with salt and white pepper, if desired. Serve garnished with pumpkin seeds, if using.

Nutritional Information

Per 1-cup serving: Calories: 264, Protein: 3g, Total fat: 13g, Saturated fat: 5g, Carbs: 37g, Cholesterol: mg, Sodium: 138mg, Fiber: 8g, Sugars: 15g

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