



# Autumn Squash Bisque



FoodHero.org

## Ingredients



- 2 tsp oil
  - 2 cups sliced onions
  - 2 lbs winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
  - 2 pears, peeled, cored, and diced
  - 2 cloves garlic, peeled and crushed
  - 1 tsp powdered ginger
  - 1/2 tsp thyme
  - 4 cups chicken or vegetable broth
  - 1 cup water
  - 1 Tbsp lemon juice
  - 1/2 cup plain non-fat yogurt
- Yield: 10 cups  
Serving Size: 1 cup



## Directions



1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender.
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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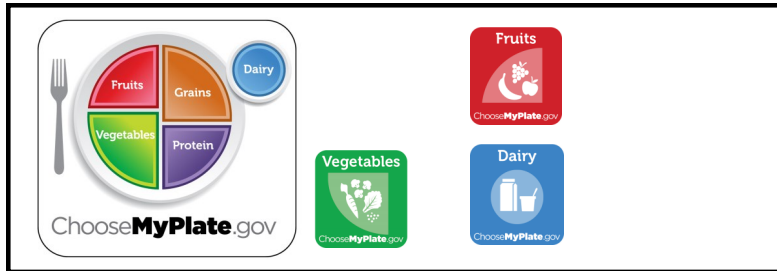
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try with different types of winter squash!
- Mix and match seasonings to discover your favorite savory taste.

## Nutrition Facts



Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1.5g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 6g</b>	
<b>Protein 2g</b>	
<b>Vitamin A 170%</b>	<b>Vitamin C 35%</b>
<b>Calcium 6%</b>	<b>Iron 4%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

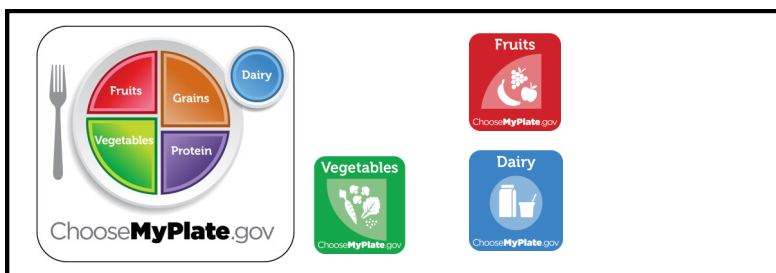
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