



## Cabot® Cheese Butternut Squash Soup

### Ingredients:

2 pounds butternut squash, peeled and cut into chunks  
4 cups homemade chicken stock or prepared chicken broth  
1 cup low-fat sour cream  
4 ounces Cabot® 50% Reduced Fat Cheddar, grated (about 1 cup)  
1 tablespoon butter  
1/4 teaspoon ground red pepper (cayenne)  
Salt and ground white pepper to taste  
1 tablespoon sugar (optional)  
Chopped fresh chives for garnish

### Directions:

1. In large saucepan, combine squash and stock or broth; bring to boil over high heat. Reduce heat to medium, cover pan and simmer squash for 20 minutes or until very tender.
2. Uncover and let cool. Puree in blender or food processor, in batches if necessary.
3. Return puree to saucepan and place over medium-low heat. Stir in sour cream, cheese, butter and red pepper. Add salt and white pepper to taste. If squash lacks sweetness, add optional sugar.
4. Stir soup just until heated through (do not allow to boil). Serve sprinkled with chives.



### Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to Kris Lindsey, our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).