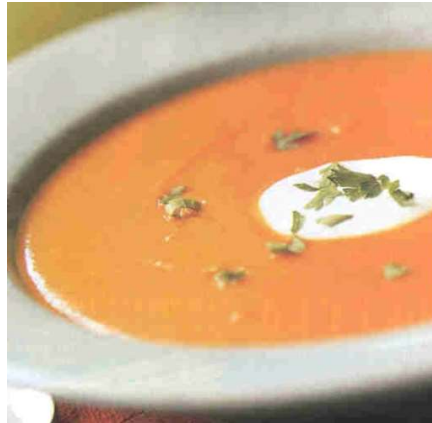


Butternut Squash Soup With Cumin and Coriander

Fine Cooking



Servings: 4

2 tablespoons olive oil
1 tablespoon unsalted butter
1 medium onion, diced
1/2 teaspoon kosher salt
3/4 teaspoon ground cumin
1/2 teaspoon ground coriander
1 14 1/2 ounce can diced tomatoes,
with their juices
Freshly ground black pepper
Roasted Butternut Squash
Flesh of a roasted 2-pound butternut
squash
3 cups homemade or low-salt canned
chicken broth
1 tablespoon plain yogurt or heavy
cream per serving for garnish
1 tablespoon minced fresh flat-leaf
parsley

Cook Time:

For the Roasted Squash: Heat the oven to 400F. Cut the squash in half lengthwise. Use a soup spoon to scoop out the seeds and scrape out the strings from the hollow. Rub the cut surfaces with oil, season generously with salt and pepper, and roast on a parchment- or foil-lined baking sheet, cut side up, until deeply browned and very tender, about 80 to 90 minutes. Let cool before using in other recipes, or cover and refrigerate for up to two days.

Heat the oil and butter in a heavy soup pot set over medium heat. Add the onion and salt and saute for 2 minutes and then cover and let sweat until translucent, about 3 minutes. Uncover and cook, stirring occasionally, until the onions begin to brown, 3 to 5 minutes.

Add the cumin and coriander and cook, stirring, until very fragrant, about 30 seconds. Stir in the tomatoes and their juices, season with a few grinds of pepper, and cook for 2 minutes. Cover and simmer for another 10 minutes.

Peel the roasted squash and add the flesh to the pot, breaking it up with a wooden spoon. Add the chicken broth, cover, and bring to a simmer. Adjust the heat to maintain a simmer and cook, covered, for 30 minutes. Let cool slightly and pour in small batches in a blender or a food processor.

Taste and add more salt and pepper if needed.

Per Serving (excluding unknown items): 201 Calories; 11g Fat (45.7% calories from fat); 5g Protein; 26g Carbohydrate; 6g Dietary Fiber; 8mg Cholesterol; 282mg Sodium. Exchanges: 0 Grain(Starch); 5 Vegetable; 2 Fat.

Return the soup to the pot and stir occasionally over low heat until hot. Garnish each serving with a spoonful of yogurt or a drizzle of cream and a sprinkling of the minced parsley.