

# Winter Squash & Sweet Pepper Soup

Nutritional Information on back.



*Fold or cut here to fit in recipe box.*

## Winter Squash & Sweet Pepper Soup

- 1 Tbsp. extra virgin olive oil
- 1 medium leek, white part only, chopped
- 1 large orange bell pepper, seeded and diced
- 4 cups diced butternut squash
- Salt and freshly ground black pepper, to taste
- 1 tsp. chopped garlic
- 1 tsp. sweet Hungarian paprika
- 3 cups fat free, reduced-sodium chicken broth
- ¼ cup orange juice
- ¼ cup raw pumpkin seeds, crushed (for garnish)
- 1/8 tsp. Spanish paprika, smoked or dulce (sweet), optional, for garnish

Heat oil in medium Dutch oven or heavy, large saucepan over medium-high heat. Sauté leeks until translucent, 4 minutes. Add bell pepper, squash and pinch of salt, stirring to coat with oil. Reduce heat, cover and cook vegetables gently to release juices, 10 minutes. Stir in garlic and paprika for 30 seconds, until fragrant. Add



broth, increase heat and bring liquid to a boil. Reduce heat, cover and simmer soup until vegetables are soft, about 20 minutes. Uncover, and let soup cool for 10 minutes. Adjust seasoning to taste. Transfer soup to blender, cover and whirl soup to a velvety puree. Or, using an immersion blender, puree in the pot. Blend in orange juice and season to taste with salt and pepper. To serve, divide soup among four soup bowls. Place pumpkin seeds in a dry skillet over medium-high heat and cook, shaking and swirling the pan, until seeds are plump and mostly golden. Crush seeds and add to soup as garnish. If using, sprinkle Spanish paprika. Serve immediately. Makes 4 servings.

*Nutritional information per serving*

250 calories, 10 g total fat (1.5 g saturated fat), 37 g carbohydrate, 9 g protein, 7 g dietary fiber, 430 mg sodium.