

Butternut Squash and White Bean Soup

YIELDS:4 servings

PREP TIME:0 hours 20 mins // TOTALTIME:0 hours 45 mins

Nutritional information (per serving): About 560 calories
15.5 g fat (2 g saturated), 26 g protein, 385 mg sodium, 88 g
carb, 19 g fiber.

Ingredients

- large butternut squash
- 2 tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1 1-inch piece fresh ginger, finely chopped
- 6 c. low-sodium chicken broth
- 6 sprigs fresh thyme
- 1 (15-ounce) can white beans, rinsed
- 1 (15-ounce) can chickpeas, rinsed
- 1/2 c. couscous
- 1/4 c. roasted pistachios, finely chopped
- 1/4 c. dried apricots, finely chopped
- 1/4 c. fresh cilantro, chopped
- 1 scallion, sliced

Directions

1. Cut neck off butternut squash (reserve base for another use). Peel and cut into 1/2-inch pieces. Heat 1 tablespoon olive oil in nonstick skillet on medium. Add the squash and cook, covered, stirring occasionally, 8 minutes.
2. Meanwhile, heat remaining oil in Dutch oven on medium. Add onion and cook, covered, stirring occasionally, 6 minutes. Stir in garlic and ginger and cook 1 minute.
3. Add broth, thyme and butternut squash and bring to a boil. Using a fork, mash white beans and add to soup along with chickpeas.
4. Cook couscous as label directs; fluff with fork and fold in pistachios, apricots, cilantro and scallion. Serve soup topped with couscous mixture.

