Butternut Squash Soup

Serves 6

Ingredients

- 6 tablespoons chopped onion
- 4 tablespoons margarine
- 6 cups peeled and cubed butternut squash
- 3 cups water
- 4 cubes chicken bouillon (or 3-4 cups chicken broth)
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 2 (8 ounce) packages cream cheese

1. In a large saucepan, sauté onions in margarine until tender. Add squash, water, bouillon, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.

2. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Nutrition Tip: Butternut squash is considered a winter squash and starchy vegetable. It is a more substantial vegetable that can be hearty enough to serve as the main course. Butternut squash is also a great source of carotenoids - a type of antioxidant that is associated with reduced risk of heart disease and cancer.