

Low-Point Pear-Squash Soup

Ingredients:

- 20 oz. butternut squash (I bought already-chopped butternut squash)
- 12 oz. pear nectar
- 1 Tbs butter
- 1 cup Bartlett pear, chopped
- 1/3 cup onion, chopped fine
- 1 cup water
- 12 oz. vegetable broth
- 1/2 cup Half and Half
- 1 tsp. curry powder
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. cinnamon

In a large sauce pan, boil butternut squash until tender. Drain and mash. Set aside. In a large Dutch oven, heat butter and saute pear and onion until tender over medium-high heat. Add mashed squash to Dutch oven and then the rest of the ingredients. Cook over medium heat for 15 to 20 minutes (or until pears and onions are very tender).

Total servings - 7 (1-cup servings)

Serving size - 1 cup

Points per serving - 1.7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)