Ingredients

2 teaspoons oil
2 cups sliced onions
2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
2 pears, peeled, cored, and diced, or 1 can (15 ounces) sliced pears, drained and chopped
2 cloves garlic, peeled and crushed
2 Tablespoons coarsely chopped, peeled fresh ginger, or 1 teaspoon powdered ginger
½ teaspoon thyme
4 cups chicken or vegetable broth (see notes)
1 cup water
1 Tablespoon lemon juice
½ cup plain nonfat yogurt

Directions

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender. (If using a blender, follow manufacturer’s directions for pureeing hot liquids.)
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon
- Freeze extra lemon juice to use later.
For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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