

Butternut Soup with Cinnamon Cream

Serves 4

The soymilk helps lighten the ingredient list for this delectable cream soup.

2 tablespoons olive oil
1 onion, finely chopped
2 pounds butternut squash, peeled and chopped
1 carrot, chopped
4 centimeter (1.5 inch) piece fresh root ginger, grated
1/2 teaspoon ground cinnamon
1 tablespoon ground coriander
3 cups vegetable stock
1 cup soymilk
salt and freshly ground pepper



In a heavy-bottomed pan, heat the olive oil and fry the onion over medium heat for 5 minutes until golden. Add the squash, carrot, ginger, cinnamon, and coriander. Sauté over a medium heat, stirring for 5-8 minutes until the vegetables are browned.

Add the stock and soymilk and bring to a boil. Reduce the heat to medium and cook, stirring for 30-35 minutes until the vegetables are tender. Blend until smooth in a blender or food processor. Season with salt and pepper.

Per serving: 218 calories; 6 g protein; 35 g carbohydrate; 9 g fat; 5 g fiber; 122 mg calcium; 773 mg sodium; calories from protein: 7%; calories from carbohydrates: 60%; calories from fats: 33%

Source: Best in the World II