



Squash & Pear Soup

★★★★★ 4.2 (22)

Calories per Serving: 110

Active Time: 20 minutes

Makes: 9 cups

Total Time to Make: 45 minutes

Ingredients

- 1 Tbsp Wegmans Pure Olive Oil
- 1 pkg (7 oz) Food You Feel Good About Chopped Onions
- 1 pkg (20 oz) Food You Feel Good About Cleaned & Cut Butternut Squash, 1/4-inch dice
- 3 Bosc or Anjou pears, peeled, cored, and quartered
- 1 container (32 oz) Food You Feel Good About Vegetable Culinary Stock
- 1 Tbsp minced Food You Feel Good About Thyme leaves
- Salt and pepper to taste

You'll Need

Handheld or conventional blender

Directions

1. Heat oil on MED-LOW in large stockpot. Add onions and squash. Cook, covered, stirring occasionally, 10 min.
2. Add pears, stock, and thyme. Bring to a boil; reduce heat to LOW. Simmer about 25 min until squash and pears are tender.
3. Puree until smooth with blender. Season with salt and pepper. Ladle into warm bowls.

Chef Tips

- For the smoothest consistency, use a conventional blender. Ladle small batches (about 2 cups at a time) into blender, being careful as you handle the hot soup. Puree until smooth. Return soup to pot; reheat on LOW.
- Drizzle with *Food You Feel Good About* Pumpkin Seed Oil.