

Butternut Squash, Tomato, and Watercress Soup

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=8364&news_iv_ctrl=1125

Ingredients

- 2 Tbsp. olive oil
- 2 large tomatoes, seeded and chopped
- 1 small onion, chopped
- 1 small garlic clove, sliced
- 2 small carrots, chopped
- 1 cup peeled and chopped butternut squash
- 1 medium potato, peeled and chopped
- 1 bunch watercress, including stems,
- 2 cups fat-free, reduced-sodium chicken broth
- 4 cups water
- Salt and freshly ground black pepper
- 2/3 cup frozen corn kernels, thawed, for garnish coarsely chopped

Instructions

1. In a large saucepan, heat the olive oil over medium-high heat. Sauté the tomatoes, onion and garlic for about 12 minutes, stirring occasionally, until the onions are translucent.
2. Add the carrots, squash, potato, watercress and chicken broth. Bring to a boil, reduce heat to low, and simmer, uncovered, for 30 minutes.
3. Add the water and return the mixture to a boil. Reduce heat and simmer, uncovered, for about 10 minutes, until the vegetables are very soft.
4. Remove the saucepan from the heat and let the soup sit for 15 minutes to cool slightly.
5. In a blender or food processor, purée the soup in batches and return to the saucepan.
6. Season to taste with salt and pepper. Reheat soup. Ladle the soup into bowls and garnish with the corn kernels. (The boiling hot soup heats the corn, eliminating the need to cook it separately before adding.)

Makes 6 servings.

Nutritional information per serving (6 servings)

- Calories: 111
- Total fat: 5g
- Saturated fat: less than 1g
- Total carbohydrate: 16g
- Dietary fiber: 3g
- Protein: 3g
- Sodium: 167mg

