

Butternut Squash Soup with Sausage

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 6 + servings

CChints: Butternut squash has beta-carotene and can stain your hands. Wear at least 1 plastic glove when you peel and cut it to avoid staining your hands.



- 1 whole head of garlic
- 1 teaspoon extra-virgin olive oil
- 6 cups butternut squash, peeled and cut into 1 inch pieces
- 1 medium onion, chopped
- 1 tablespoon olive oil + 2 teaspoons
- 1 teaspoon salt
- 1/4 teaspoon black or white pepper
- 49 ounce can reduce fat chicken broth
- 1-1/2 teaspoons ground cumin
- 1 cup quick cooking barley
- 2 cups frozen corn, thawed
- 14 ounce pkg. 2/3 less fat Turkey Smoked Sausage, like Escar Mayers® cut into bite-size pieces
- 3/4 cup half-and-half

Remove the paper-like skin on the outside of the head of garlic but do not peel the garlic. With a sharp knife, cut the tip off each clove, about 1/4 inch to reveal the garlic. Put into a microwave safe container and drizzle with 1 teaspoon extra-virgin olive oil. Cover and microwave for 2 minutes but make sure to leave room for steam to vent through the cover. Remove from the microwave and let stand.

Put the squash into a microwave safe container. Cover slightly and microwave for 3 minutes.

In a large soup pot, heat 1 tablespoon of oil over medium heat. Add the onions and cook for 3 minutes, stirring occasionally. Slowly add the broth and stir in the barley. Cook for 5 minutes. During this time, gently tear each garlic clove out of its paper shell, chop and add it, corn and squash to the soup. If the soup begins to boil, reduce the heat to a simmer. Cover and cook 10 minutes.

During this time, heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the sausage and stir occasionally for 10 minutes until pieces are slightly browned. Turn off the heat and carefully add 1/2 cup broth from the soup pot to the pan of sausage. Use a wooden spoon to scrape up the brown bits. Set the pan aside.

After 20 minutes of cooking the soup you are ready for the next step.

Put a potato masher into the soup and mash the ingredients for 3 minutes. Remove the pan from the heat and stir in the meat, pan juices and the half-and-half.

Let sit for 5 minutes stirring occasionally. Serve with crackers and enjoy! This will keep in the refrigerator for up for 4 days.