



Winter Squash Soup with Goat Cheese and Pumpkin Seeds

Active Time: 1 minute | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

559.8 calories, 48.41 g carbohydrate, 6.28 g fiber, 42.13 g NET carbs, 21.59 g protein, 35.66 g fat

Ingredients

- 1 cup Cascadian Farm Organic Winter Squash Puree
- 1 ounce Go Raw Sprouted Pumpkin Seeds
- 1 whole organic shallot, chopped
- 1 Tbsp organic extra-virgin olive oil
- 1/2 cup(s) homemade chicken broth
- 1 ounce organic soft goat cheese

Preparation

1. In a small saucepan, heat the oil over medium-low heat, add the shallots, and cook until soft.
2. Add the squash and broth, stir to combine.
3. Puree in a blender until smooth and garnish each bowl with a dollop of goat cheese and some pumpkin seeds.
4. Serve immediately.

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