Butternut Bisque

Makes 4-6 servings

 From Simply in Season; A World Community Cookbook

2 Tbsp. butter

1 med. onion, chopped

1 c. carrots, diced

* Melt buter in a large saucepan. Add onion and carrots and sauté over medium-low heat for 5 minutes.

3 c. chicken or vegetable broth

* Add, cover, and simmer for 10 minutes

2 c. winter squash, cooked

½ c. plain yogurt

1 c. evaporated milk or additional plain yogurt

2 Tbsp. maple syrup

\* Add and puree mixture until smooth with an immersion blender or in a traditional blender. (Skip this step if chunky soup is preferred.) Return to saucepan and cook over medium heat until hot. Season to taste with salt, pepper, garlic, and onion powder. Garnish with sour cream or plain yogurt.