



## Curried Squash-and-Pear Bisque

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### Ingredients:

- 1 butternut squash (about 2 3/4 pounds)
- 1 tablespoon butter
- 2 cups chopped peeled Bartlett pear (about 1 pound)
- 1 1/2 cups thinly sliced onion
- 2 1/3 cups water
- 1 cup pear nectar
- 2 (14 1/2-ounce) cans vegetable broth
- 2 1/2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup half-and-half
- 1 small Bartlett pear, cored and thinly sliced

### Directions:

- Preheat oven to 375°.
- Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on a baking sheet; bake at 375° for 45 minutes or until tender. Cool. Peel squash; mash pulp. Set aside 3 1/2 cups pulp, reserving remaining squash for another use.
- Melt butter in a large Dutch oven over medium-high heat. Add chopped pear and onion; sauté 10 minutes or until lightly browned. Add squash pulp, water, and next 5 ingredients (water through pepper). Bring to a boil; partially cover, reduce heat, and simmer 40 minutes.
- Place one-third of squash mixture in a blender; process until smooth. Pour puréed mixture into a large bowl; repeat procedure with remaining squash mixture. Return squash mixture to pan; stir in half-and-half. Cook over low heat 3 minutes or until thoroughly heated. Ladle soup into bowls, and garnish with pear slices.

**Yield: 8 servings (serving size 1 ¼ cups)**

**Nutritional Information:** CALORIES 149 (25% from fat); FAT 4.2g (sat 2g, mono 1g, poly 0.2g); IRON 1mg; CHOLESTEROL 10mg; CALCIUM 70mg; CARBOHYDRATE 29.4g; SODIUM 622mg; PROTEIN 1.9g; FIBER 3.7g

Recipe Source: Cooking Light, OCTOBER 2000

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.

Heartland Health – Wellness Connections  
5325 Faraon, St. Joseph, MO 64506  
816-271-7808  
[www.heartland-health.com](http://www.heartland-health.com)