

BUTTERNUT SQUASH, SAUSAGE & WILD RICE SOUP

SOURCE: PRIME TIME EMERIL

Cook/Prep Time: about 3 hours

INGREDIENTS:

1 Butternut squash (1 1/2 – 2 lbs), cut in half, seeds & strings removed
2 TBS olive oil
3 qts chicken stock OR canned low-sodium chicken broth
2 1/2 C chopped yellow onions
1 C wild rice
3/4 lb kielbasa or other smoked sausage, cut into 1/2" slices
2 C fresh (about 2 large fresh corn ears) or thawed frozen corn kernels
1 tsp salt
1/2 tsp freshly ground black pepper
1 1/2 C half & half
2 TBS minced fresh flat-leaf parsley

DIRECTIONS:

Preheat oven to 400° F. Rub cut sides of squash halves with 1 TBS olive oil - place on baking sheet flesh side down - roast till tender when pierced with knife tip (45-60 minutes) - let squash cool till easy to handle, then scoop flesh from skin with large spoon - pureé butternut flesh with 2 C of the stock in blender or food processor.

Bring 4 C stock + 1/2 C chopped onions to simmer in large saucepan over medium-high heat - stir in wild rice - return to simmer - cover/cook till rice is tender & most of liquid is absorbed (45-60 minutes) - set aside.

Meanwhile, heat remaining 1 TBS oil in large saucepan over medium-high heat - add sausage & cook just till browned (about 4 minutes) - add remaining 2 C onions, corn, salt & pepper - cook, stirring often, till onions are softened (about 4 minutes) - add remaining 6 C stock + squash pureé & bring to boil. Reduce heat to medium-low, cover & simmer 20 minutes, stirring occasionally & skimming any fat that rises to surface. Stir in rice & cook 5 more minutes - stir in half & half + parsley. Serve hot, ladled into bowls.

Servings: 8-10