Butternut Squash Bisque

BY CHEF KIRK H. CONRAD, CHEF IN RESIDENCE, PROJECT BREAD’S CHEFS IN SCHOOLS INITIATIVE

This is one of Chef Kirk’s signature recipes. You can either mash this soup by hand or use a processor or immersion blender. Either way, it has been proven to win kids over.

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: 7/8 CUP

Cook the squash in a large pot of boiling salted water until very soft, about 20 minutes.

Drain well and mash thoroughly by hand with a whisk or a food processor.

Whisk or process in the milk, until smooth.

Add the brown sugar, pinches of garlic and onion powder, and salt and pepper. Finish with a teaspoon of margarine.

Adjust consistency with a small amount of chicken stock if necessary and return to heat briefly.

Serve hot with garnish of snipped chives, a small teaspoon of sour cream, and fresh crusty bread.

NUTRITIONAL INFORMATION
CALORIES: 91; SODIUM: 211.56 MG; SATURATED FAT: 5.48%

USDA REQUIREMENTS MET
½ CUP RED OR ORANGE VEGETABLE