

Butternut Squash Carrot Soup

Children's Center of the Upper Valley *Winner in CACFP category

3 Cups peeled and diced Butternut Squash
3 Cups thinly sliced carrots
 $\frac{3}{4}$ cups thinly sliced onion
1 Tablespoon margarine or butter
29 oz. low sodium chicken broth
 $\frac{1}{4}$ tsp ground white pepper
 $\frac{1}{4}$ tsp. ground nutmeg
 $\frac{1}{4}$ cup light cream

1. In a large covered saucepan, saute squash, carrots and onions in margarine, for about 8 min. over medium heat, stirring occasionally. Add broth, bring to a boil then reduce heat. Simmer, covered 25-30 until veggies are tender. Cool slightly.
2. Place one third of the squash mixture in food processor or blender. Cover, process or blend until almost smooth. Repeat with remaining squash mixture. Return all the mixture to the saucepan. Add white pepper and nutmeg. Bring to just boiling. Add cream and heat through. Garnish with pumpkin seeds or tarragon.

Makes 16-18 $\frac{1}{2}$ cup servings.

Pumpkin Bread

5 $\frac{1}{2}$ cups bread flour
1 Tablespoon honey
1 teaspoon active dry yeast
2 cups lukewarm water
 $\frac{2}{3}$ cups pumpkin puree

1. Add flour and yeast to a large bowl. Combine the pumpkin puree and honey with $\frac{1}{2}$ cup lukewarm water. Whisk until completely combined and smooth. Add the pumpkin mixture and remaining $1\frac{1}{2}$ cups water to the bowl with the flour. Using wooden spoon, mix until you have wet and sticky dough. If you have a stand mixer, you may also do this with your dough hook. Mix until flour is completely incorporated. Cover bowl with wet towel or plastic wrap. Let sit at room temperature out of direct sunlight for 12 -18 hours or overnight. The dough should bubble up and rise to doubled the original size.

2. Generously dust work surface with flour. Scrape the dough out of the bowl and into one mound on top of the floured surface, it should be loose and sticky. Using floured hands, lift the outside edges toward the center, working the entire piece to make a smooth round ball.
3. You can leave the dough as one large bread loaf or make individual bread bowls. Place dough on a floured baking sheet and cover it with a towel. Allow to rise 1-2 hours.
4. To make bread bowls; divide the dough into 6 equal dough balls. Smooth out into smooth ball and place a few inches apart on a floured baking sheet. Covering them with a towel. Allow to rise 1-2 hours.
5. Half an hour before the dough is done rising, place Dutch oven or covered baking dish in the lower third of the oven and preheat to 475 degrees. Place dough in the Dutch oven or covered baking pan and bake at 425 degrees, checking to see if it is done, approximately 20-30 minutes.

Makes 6 bread bowls or 2 loaves of bread.

Calories per portion: 141

Sodium per portion: 215 mg

Saturated fat per portion: 1 gram

Cost per portion: .41