

Tim Farmer's Country Kitchen

BUTTERNUT SQUASH SOUP

*5 cups squash, cubed and peeled
1/3 onion, chopped
1/4 stick of butter
3 cups chicken broth
1/4 teaspoon nutmeg
Dash of allspice
1 tablespoon brown sugar
1 cup half and half
1 8 ounce package of cream
cheese
Salt and pepper*



Cook onions in butter until soft. Add squash and spices and stir to brown. Add chicken broth, bring to a boil and then reduce heat and simmer for 20 minutes. Blend contents. Stir in half and half and cream cheese until combined. Add salt and pepper to taste. Top with sunflower seeds.

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