

# Butternut Squash Soup with Four Cheese Ravioli

Nothing says comfort food like butternut squash soup. We're making ours with hints of allspice, cinnamon and ginger, then cooking it up with delicious four cheese ravioli. It's a cozy dinner that's on the table in just thirty minutes.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Saucepan (with a cover)
- Baking Sheet
- Small Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (½ Tbsp per serving)

### 6 MEEZ CONTAINERS

- Pecans
- Nut Glaze
- Butternut Squash
- Cheese Ravioli
- Seasoned Veggies
- Vegetable Stock

## Good to Know

### **Family Favorite!**

**Health snapshot per serving** – 745 Calories, 18g Protein, 47g Fat, 67g carbs, 25 Freestyle Points.

**Lightened up snapshot** 550 Calories, 35g Fat, 16g Protein, 61g Carbs, 20 Freestyle Points with half the nuts and half the glaze

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Butternut Squash, Cheese Ravioli, Carrots, Red Onions, Pecans, Vegetable Stock, Cream, Apple Juice, Ginger, Sage, Nutmeg, Allspice, Cinnamon, Cayenne, White Pepper, Brown Sugar.

*meez* meals

## 1. Getting Organized

Preheat your oven to 350 degrees and bring 4 cups of water to a boil in a large saucepan over high heat.

## 2. Roast the Pecans

Mix the **Pecans** and **Nut Glaze** in a small bowl so that the nuts are completely coated then set aside for at least 5 minutes. Spray or lightly brush a baking sheet with oil, then use a slotted spoon to transfer the pecans to the baking sheet, leaving any excess liquid in the bowl. Bake until the pecans have browned but glaze is not burnt, about 8 to 12 minutes. Remove from the oven and use a spatula to loosen from the baking sheet and set aside to cool on the pan.

## 3. Cook the Butternut Squash

While the pecans are roasting, add the **Butternut Squash** and **Cheese Ravioli** to the boiling water. When it's boiling again, cover, reduce heat to medium, and cook over a low boil until the squash is fork tender, about 6 to 8 minutes. Remove the ravioli from the pot and set aside. Drain the butternut squash and wipe out the pot.

## 4. Make the Soup

Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the **Seasoned Veggies** and mix in 1 Tbsp flour. Cook until the onions are brown, about 3 to 4 minutes. Add in the boiled squash and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.

Turn the heat to high and add 1 cup of water and the **Vegetable Stock**. Return the ravioli to the pot and bring to a boil. Cover, reduce heat to medium-low, and cook for 5 minutes.

## 5. Put It All Together

Ladle the soup into serving bowls and top with the roasted pecans. Enjoy!

*Loosening the nuts is important. Otherwise they will stick to the baking sheet as they cool.*

*The ravioli is fragile, so carefully use a spoon to lift it.*

*We're removing the ravioli and the squash separately, so the ravioli doesn't get crushed.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**