

# Moroccan Chicken and Butternut Squash Soup

Squash Soup offers the right balance of spice and a great use for cinnamon in this savory soup.

**Yield:** Serves 4 (serving size: 1 1/2 cups)

## Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 3 (4-ounce) skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/8 to 1/4 teaspoon ground red pepper
- 3 cups (1/2-inch) cubed peeled butternut squash
- 2 tablespoons no-salt-added tomato paste
- 4 cups [Chicken Stock or fat-free, lower-sodium chicken broth](#)
- 1/3 cup uncooked couscous
- 3/4 teaspoon kosher salt
- 1 zucchini, quartered lengthwise and sliced into 3/4-inch pieces
- 1/2 cup coarsely chopped fresh basil
- 2 teaspoons grated orange rind

## Preparation

1. Heat a Dutch oven over medium heat. Add oil to pan; swirl to coat. Add onion, and cook for 4 minutes, stirring occasionally. Add chicken; cook for 4 minutes, browning on all sides. Add cumin, cinnamon, and pepper to pan; cook 1 minute, stirring constantly. Add butternut squash and tomato paste; cook 1 minute. Stir in Chicken Stock, scraping pan to loosen browned bits. Bring to a boil. Reduce heat, and simmer 8 minutes. Stir in couscous, salt, and zucchini; cook 5 minutes or until squash is tender. Remove pan from heat. Stir in chopped basil and orange rind.

David Bonom, [Cooking Light](#)