



Curried Squash SOUP

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Golden hued and full of warming spices, a steaming bowl of this soup is the perfect antidote to a cold & dark winter day. Spicy, satisfying and vegan, this recipe features many immune supportive nutrients. The curry spices (turmeric, coriander and ginger) are natural anti-inflammatories that also aid digestion. The robust orange squash is a good source of vitamin A, a key fat-soluble vitamin for healthy immune function. Lastly the coconut oil and coconut milk contain lauric and caprylic acids which have both antimicrobial and immune enhancing properties. Creamy dairy-free goodness!

Ingredients

1 large butternut squash (about 1 1/2 pounds, makes about 2 cups cooked)

2 Tbsp coconut oil

1 1/2 cups onion, diced

3 cloves garlic

2 Tbsp fresh ginger, minced or grated

1/2 tsp coriander, ground

1/2 tsp cumin, ground

1/2 tsp turmeric, ground or 1 tsp fresh grated turmeric root

3 cups broth

1 tsp sea salt

1/2 tsp ground pepper

400 ml can coconut milk

optional: cayenne pepper or chili flakes to taste

Garnish:

freshly chopped cilantro

4 Tbsp pumpkin seeds, toasted

2 Tbsp green onions, sliced

Instructions

¹ To roast the squash: preheat oven to 375F. Cut the squash in half and place halves, cut side down, on a greased baking dish (use some of the coconut oil) and cover with foil. Bake for 30 to 50 minutes, until you can easily pierce the flesh with a knife. Scoop out seeds and discard. Scoop out the flesh and set aside.

² Heat the remaining coconut oil in a large pot. Add the onion and sauté over medium-low heat for a couple of minutes. Then add the garlic and ginger and cook until the onions are soft and translucent, about 5 minutes.

³ Add the spices and continue cooking for 30 seconds more.

⁴ Now add the cooked squash and the broth and raise the heat to medium-high.

⁵ Cover, and bring to a boil.

⁶ Once boiled, lower the heat, and simmer for 20 minutes, stirring every 5 minutes or so.

⁷ Take soup off heat and add coconut milk.

⁸ Using an immersion blender in the soup pot, or transferring in batches using a blender, puree until smooth.

⁹ Return soup to the pot, and bring to a gentle simmer for about 10 more minutes, serving when well heated.

¹⁰ Add more salt and pepper to taste. Garnish with fresh cilantro and toasted pumpkin seeds. •