

Let's Make Hearty Soups February 2015

Curried Winter Squash Soup

Servings: 12-16

Ingredients:

- 4 tablespoons coconut oil or butter or ghee
- 1 medium onion, chopped
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 teaspoon garam masala
- 8 cups winter squash, baked and mashed
- 8 cups water (more if the squash is very dry)
- 1 14-oz can coconut milk
- juice of 1 lemon
- 2 tablespoons of maple syrup

Directions:

- 1) In large soup pot heat oil and sauté onions for 5 minutes.
- 2) Add curry powder, turmeric, salt, and garam masala to sautéed onion and continue sautéing for 3 minutes more.
- 3) Add winter squash to onion mixture. Mix well. Then add water.
- 4) Place squash mixture in the blender (or use immersion blender) and blend until very smooth. If not using an immersion blender then it will be necessary to blend in several batches. A bowl or second cooking pot is needed to hold the blended mixture.
- 5) Return blended soup to cooking pot. Add coconut milk. Heat soup, stirring to blend in the coconut milk. Add lemon juice and maple syrup.
- 6) Serve when warmed to desired temperature.
Optional toppings: kimchee and/or chopped cilantro.