



Soothing Curry Butternut Squash Soup

Ingredients

- 1 Tbsp coconut oil
- 2 medium shallots (thinly diced)
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)
- 6 cups peeled & chopped butternut squash (1 small butternut squash yields ~6 cups) or a 750 gram frozen cubed bag
- 1 Teaspoon Salt & Ground Pepper to taste
- 2 Tablespoon curry powder
- 1/4 Teaspoon ground cinnamon
- 1 400 gram light coconut milk
- 2 cups vegetable broth
- 3 Tablespoons maple syrup (or sub coconut sugar)
- 2 Teaspoons chili garlic paste (optional)

Instructions

Heat a large pot over medium heat.

Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.

Add butternut squash and season with salt, pepper, curry powder, and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.

Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional - for heat).

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Instructions Continued

Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.

Use an immersion stick, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.

Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.



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