

Thai Style Butternut Squash Soup

4 servings

2 Tb organic butter

1 med onion thinly sliced

2 Tb chopped fresh ginger

2 Tb Thai curry paste (you can use red or yellow)

1 ½ lb butternut squash peeled, seeded and cut into 2" chunks (1 large)

2 ½ cups water

1 can unsweetened lite coconut milk

1 stalk lemon grass white part only cut into 2" pieces

1 tsp lime juice

- In large pot melt butter.
- Add onion and ginger sauté on medium until onion is soft about 5 minutes.
- Add curry paste and cook stirring 2 minutes.
- Add squash and water bring to a boil.
- Cover and simmer 25 minutes.
- Add the coconut milk, lemon grass cook for 30 minutes.
- Remove the lemon grass. (Count how many pieces you put in to make sure you get them all out).
- Blend the soup in a blender in batches. Add salt to taste and lime juice.
- Serve