

# Easy Butternut Squash Soup

4 servings

1 Tb coconut oil  
1 large onion, coarsely chopped  
1 Tb fresh ginger, chopped  
1 Tb curry powder  
1 medium butternut squash, peeled and cut into chunks  
4 cups stock vegetable or chicken, or enough to cover the vegetables  
1 cup full fat coconut milk  
Celtic sea salt

- Heat oil in soup pot.
  - Add onions and ginger.
  - Sauté on medium until soft about 5 minutes. Stir frequently so the onions don't brown.
  - Add the curry powder and stir to coat the onions.
  - Add the butternut squash and mix to combine evenly.
  - Add just enough stock to cover.
  - Bring to a boil, cover and turn down to a simmer.
  - Simmer 10-15 minutes or until the butternut squash is tender.
  - Turn off the flame and let cool a few minutes.
  - Blend the soup in a blender, be careful if it is hot that it doesn't explode the top off of you blender. Do it in batches if necessary.
  - Blend in the coconut milk.
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- Return to the pot and heat. Taste to adjust salt.
  - Serve garnished with a few chopped pumpkin seeds.