

Curried Butternut Squash Soup

4 servings

1 Tb coconut oil
1 large onion, coarsely chopped
1 Tb fresh ginger, chopped
1 Tb curry powder (Madras curry powder is mild)
1 medium butternut squash, peeled and cut into chunks
4-5 cups stock vegetable or chicken, 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 with the coconut milk. Be careful if it is hot that it doesn't explode the top off of your blender. Do it in batches if necessary.
- Return to the pot and heat. Taste to adjust salt.
- Serve garnished with a few hemp seeds or chopped cilantro (optional)