

Thai Style Butternut Squash Soup

4 servings

2 Tb coconut oil or ghee

1 med onion thinly sliced

2 Tb chopped fresh ginger

2 Tb Thai Red curry paste (Thai Kitchen is a good brand, use less if you don't like it spicy)

1 butternut squash peeled, seeded and cut into 2" chunks (about 5 cups)

2 ½ cups water

1 can unsweetened lite coconut milk (Native Forest is a good brand)

1 stalk lemon grass white part only cut into 2" pieces (optional, the soup will taste better with it but if you can't get it don't worry)

1 tsp lime juice

Celtic sea salt

- In large pot melt ghee or oil.
- Add onion and ginger sauté on medium-low until onion is soft about 5 minutes. Don't let it get brown.
- 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