

CURRIED BUTTERNUT SQUASH SOUP

1 Medium Butternut Squash
2 Tbsp. Olive Oil
½ Medium Yellow Onion,
chopped
2 Cloves Garlic, minced

1 Tbsp. Yellow Curry Powder
2 Cups Chicken Stock
1 Cup Coconut Milk
Sea Salt to taste

3 Tbsp. Plain Greek Yogurt,
garnish
Fresh Cilantro, garnish

INSTRUCTIONS

1. Peel the squash, cut in half, remove the seeds, and roughly chop into 1-inch cubes.
2. In a medium pot, heat oil over medium heat and sauté the onion, garlic and curry powder until soft but not caramelized.
3. Add the squash and cook for 10 more minutes.
4. Add stock and reduce temp to medium. Cook until squash is soft, about 20 minutes.
5. Add the coconut milk and cook for 10 more minutes.
6. Transfer soup to a blender and blend on high until smooth.
7. Pour soup back to pot and season with salt to taste. Add garnish to each bowl.

RECIPE SERVES 4

