



## *Curried Butternut Squash Soup*

*Serves 4*

### *Ingredients*

*1 Tbsp coconut or avocado oil  
2 medium shallots (thinly diced)  
2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)  
6 cups peeled & chopped butternut squash (1 small butternut squash yields ~6 cups)  
1 pinch each sea salt + black pepper (plus more to taste)  
1 1/2 Tbsp curry powder  
1/4 tsp ground cinnamon  
1 14-ounce can light coconut milk  
2 cups vegetable broth (DIY or store-bought)  
2-3 Tbsp maple syrup (or sub coconut sugar)  
1-2 tsp chili garlic paste (optional)  
1/2 t cinnamon  
1/2 t nutmeg  
1/4 t gram masala  
1/4 t ground ginger  
tt cayenne  
1/2 t madras curry powder  
2c apple cider  
2oz white wine  
Red Curry to Taste*

### *Directions*

*Heat a large pot over medium heat. Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently. Add butternut squash and season with salt, pepper, curry powder, and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.*

*Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional - for heat). Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.*



*Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot. Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat. Serve as is or with garnishes of choice (options above). Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Best when fresh.*