Life Focus Nutrition, LLC

Thai Curry Butternut Squash Soup

Total Time: 1 hour   **Serves: 4**   **VEGAN**

Ingredients:

1 tablespoons coconut or sesame seed oil
1 sweet onion, diced
4 garlic cloves, minced
1 teaspoon freshly grated ginger
2 tablespoons red curry paste
3 cups low-sodium vegetable stock
4 cups uncooked butternut squash (1-inch) cubes
1 (14-ounce) can coconut milk
1 lime, juiced
¼ teaspoon salt (optional)
½ cup torn fresh cilantro for serving
¼ cup chopped roasted peanuts for serving

Directions: Place oil a 4 quart or 1 gallon pot over medium-low heat and add in the onions and the garlic and stir. Cook until the onions are soft and translucent, about 5 minutes. Add in the ginger and curry paste and stir until it is incorporated. Cook the curry and onion mixture for 5 minutes, stirring occasionally. Pour in the stock and add the squash cubes. Cover the pot and increase the heat to medium. Cook until the squash is soft, about 20 minutes.

Turn off the heat once the squash is soft, and bring temperature down, then carefully pour the entire mixture into a blender. Blend until the soup is smooth and pureed. Pour it back into the pot and turn the heat on to medium low. Add in the coconut milk, lime juice, salt and pepper, and stir. Cover and cook the soup for 10 minutes until it's completely warm. Season additionally if desired. Serve the soup with a garnish of torn cilantro and crushed peanuts.