

# Curry Squash Soup

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This is a SUPER easy and SUPER nutritious soup to serve on any occasion. However, I would particularly recommend it one a chilly fall evening to warm your bones with a little spice! Always a showstopper, this rich, savory dish makes a great first course *or* main event. While filling, it's not much of a protein source so pair thoughtfully.

## Squash (Prep beforehand)

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It only takes a little over an hour, but if you know you're gonna be tight on time the day of the meal, you can easily do this a day or two before.

You're gonna need:

- **A large butternut squash** (You can also use kabocha squash. It's DELICIOUS, and a little starchier than butternut which makes for nice, thick soup, but it *is* a little harder to prep)
- **About a Tablespoon of neutralish cooking oil**

Preheat your oven to 400°

Peel the squash BEFORE you roast it. It's much easier this way.

Cut it down the middle (from pole to pole to use a geography metaphor.)

Scoop out the seeds and any fibrous goop clinging to the cavity.

We're going to lay them skin side up, so oil any surfaces that are going to be touching the pan.

Stick them in the oven, give them about 40 minutes then flip them.

Test the squash. If you can insert a fork easily it's done. Test multiple parts of the squash, as heat may not be distributed evenly. If not, give it another 10 or 20 minutes (face up this time) until tender.

Wait for it to be cool enough to handle, then chop into rough chunks. The size doesn't matter because we're going to puree them eventually anyway.

## The Soup!

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- **1 Tbsp Oil** (Coconut, olive or sesame will all taste great. Use whatever you want.)
- **1 Red Bell Pepper** (diced)
- **1 Medium Onion** (diced)
- **1 tsp salt**
- **2 tsp ginger** (I use paste, but fresh grated finely works too. If nothing else, use powdered)
- **4 Cloves of Garlic** (Minced or Pressed)
- **1 tsp chili paste**
- **2 Jalapeños** (optional!)
- **Prepped Squash** (see above)
- **1 Tbsp Curry powder**
- **2 Cups Broth** (Vegetable or chicken is fine)
- **14 oz Can full fat coconut milk** (shake the can before opening to reincorporate the fat)
- **Salt to taste**

Stir fry (cook quickly over high heat while mixing constantly) your **onion** and **bell pepper** together in the **oil**. Add the salt on top. When this gets slightly tender, add the **garlic, ginger, chili paste** and **jalapeño** and stir fry for another minute or two. Add the **squash**, stir to combine, then add your **curry powder**. Mix so everything gets coated, if a little browning and sticking happens on the bottom, that's okay! Scrape it off and keep mixing. If it turns black, you screwed it up. Consider transferring to a new pot. When everything is nice and hot, deglaze (pour it straight onto the bottom of the pot and scrape off the stickage) with the **broth**. Once that's combined add the **coconut milk**. Bring it to a simmer. If I have **silken tofu** laying around, I'll add that as well.

At this stage, you can let the soup simmer for up to an hour, or you can turn off the stove and puree it right away by transferring to a blender or food processor, or using an immersion blender (highly recommend, way easier to clean).

That's it! Your soup is ready to enjoy.

#### Optional Toppings:

- Pumpkin seeds pan-toasted with a little salt and sesame oil
- Cilantro
- Extra coconut milk or cream
- Fresh green onions