



Easy Curried Butternut Squash Soup

By Clean Cuisine and More

Ingredients:

- 1 tablespoon extra virgin olive oil, plus more for rubbing on butternut squash
- 1 whole butternut squash, quartered with seeds scooped out
- Unrefined sea salt, to taste
- 1 tablespoon freshly grated ginger
- 1 red onion, chopped
- 1 cup chopped celery
- 1 tablespoon red curry paste (use Thai Kitchen brand “Red Curry Paste”)
- 3 cups organic vegetable broth (such as Pacific Natural Foods brand)
- 1 cup organic coconut milk (if you want a richer soup just add more coconut milk)
- 1/4 cup fresh lime juice

1. Preheat oven to 400 degrees. Place butternut squash on a baking sheet, skin sides down. Rub the flesh with extra virgin olive oil and season with salt to taste. Roast butternut squash for about 35-40 minutes, or until flesh is fork-tender. Remove from oven and set aside to cool. When cool enough to handle, scoop out the pulp from the butternut squash and set aside.
2. Heat 1 tablespoon extra virgin olive oil in a large heavy saucepan over medium-high heat; add the ginger and sauté 30 seconds. Add the onion and celery and sauté 3-4 minutes, or until vegetables are soft. Add the roasted butternut squash pulp and Thai Kitchen Red Curry Paste and stir to combine.
3. Add the vegetable broth, coconut milk and lime juice. Use a handheld stick blender to process until smooth and creamy. Simmer for 10 -12 minutes. Serve warm. Serves 4-6

Note: The Butternut Squash Soup Recipe will keep for up to 3 days if stored in a covered container in the fridge or up to 3 weeks in the freezer.