

Roasted Butternut & Curry Soup

This rich and creamy soup hits all of the right notes for a warm and comforting dinner. Roasting the butternut squash brings out a nice sweetness that works well with the spicy curry and creamy coconut milk. We've shared this soup with friends and family many times and it is always a big hit. You can adjust the amount of curry powder to your taste. When my son was younger I used a little less.

PREP: 15 minutes

COOK: 1 hour 20 minutes

SERVES: 8

2 medium butternut squash
2 tablespoons olive oil
1 medium onion, diced
3 stalks celery, diced
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 tablespoons curry powder
3 cups coconut milk
3 cups chicken broth or vegetable broth



1. Preheat oven on 400 degrees F. Line a baking sheet with parchment paper or foil.
2. Peel squash, remove seeds and cut into roughly 1 ½ inch cubes or slices.
3. Put squash in a large bowl and drizzle with olive oil until coated and season with salt and pepper. Spread evenly on 1-2 baking sheets and roast for about 45 minutes or until tender (when a knife goes through without resistance).
4. Place oil in large Dutch oven (or soup pot) on high heat and sauté onion and celery until tender, about 5 minutes.
5. Turn heat to medium and add the butternut squash and sauté with vegetables. Add curry powder and mix well.
6. Add chicken broth and coconut milk, mix well and let simmer for about 5 minutes.
7. Let cool and then use an immersion blender, or transfer to a blender or food processor in batches. Blend until smooth and creamy.
8. Serve with warm bread for dipping!

