

kizingo® EATS:

Curried Butternut Squash Soup

This soup is perfect for crisp fall nights, served with crusty bread (cheat and buy a par-baked loaf you can finish cooking for dinner), and eaten with your favorite spoon [wink, wink]!

Squash is high in Vitamin A, C, and potassium, so you're doing your body - and your tastebuds - a huge favor.



INGREDIENTS

1 Tbsp (15 ml) coconut oil
2 shallots, thinly diced (~40 g)
2 cloves garlic, minced (1 Tbsp or 6 g)
6 cups (840 g) butternut squash
Pinch each sea salt + black pepper,
plus more to taste
1 1/2 Tbsp (12 g) curry powder
1/4 tsp ground cinnamon
1 14-ounce (414 ml) can light coconut
milk
2 cups (480 ml) vegetable broth
2-3 Tbsp (30-45 ml) maple syrup
optional: 1-2 tsp chili garlic paste

Optional Toppings

Pumpkin seeds, sour cream, or
cilantro to top (optional)

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 a pinch each salt and 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 (if using).

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 your choice. Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. (But trust us when we say this is best when fresh.)



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