

Curried Coconut Butternut Squash Soup

Ingredients

- 1 Tbsp unrefined coconut oil
 - 2 shallots, diced
 - 1-inch piece of ginger, minced
 - 2 cloves garlic, minced
 - 1 hot chile pepper, seeds removed and minced (optional)
 - 6 cups peeled and cubed butternut squash
 - 1/2 teaspoon salt, more to taste
 - 1/2 teaspoon pepper, more to taste
 - 1 1/2 tbsp curry powder
 - 1/4 tsp ground cinnamon
 - 1 14-ounce can coconut milk
 - 2 cups vegetable broth
- To serve: 1/2 cup pumpkin seeds, toasted, chopped cilantro, canned coconut milk

Method:

- Heat a large pot over medium heat. Once hot, add oil, shallots, garlic, ginger and optional chile pepper. Sauté for 2 minutes, stirring frequently.
- Add butternut squash and season with salt and pepper, curry powder, and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.
- Add coconut milk and vegetable broth. 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 to pot.
- Taste and adjust seasonings. 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.



Curried Coconut Butternut Squash Soup

[Recipe Courtesy of Maryland Farmers Markets](#)

Some call this #sweaterweather, we call it soup weather! This curried coconut butternut squash soup checks all the boxes. Creamy (yet creamless!), comforting, gently spiced, and easy to make, this vegan soup will keep you warm and cozy as the temperatures drop.