

Healthy & Delicious Roasted Butternut Squash Soup

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INGREDIENTS

1 large squash
4 cups chicken or vegetable broth
1 can coconut milk
1 tsp oil
1/2 onion chopped
3 garlic cloves
1 tsp fresh ginger chopped finely
1/2 tsp curry powder (or paste)
juice of 1/2 a lime (or more if you like your soup tangier).
1/4 tsp red pepper flakes (or more if you like it spicier)
cilantro or parsley for garnish

DIRECTIONS

1. Prepare and bake squash in over for 1 hour. Once cool scoop all the squash meat out of the shell.
2. Saute onions, garlic, ginger & curry powder in oil until soft and well combined.
3. Put all ingredients from the first two steps into a bowl and using a wand blender, mix until smooth. Place mixture in a large pot on the stove over medium heat.
4. Add chicken broth, lime juice and red pepper flakes. Heat until it reaches a boil and then turn down to simmer on low for 10 minutes stirring regularly.
5. Garnish with fresh cilantro or parsley and serve while hot.

