

CURRIED BUTTERNUT SQUASH SOUP



Prep time

5 mins

Cook time

25 mins

Total time30 mins

Creamy Curried Butternut Squash Soup infused with coconut milk and yellow curry powder. A savory, simple soup that's perfect for the fall and winter months.

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Recipe type: Soup, Side Dish

Cuisine: Vegan, Indian, Gluten Free

Serves: 4

Ingredients

SOUP

- 1 Tbsp (15 ml) olive oil
- 2 shallots, thinly diced
- 2 cloves garlic, minced (1 Tbsp)
- 6 cups butternut squash (~ 1 small 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) organic vegetable broth
- 2-3 Tbsp (30-45 ml) maple syrup (or sub coconut sugar)

Instructions

1. Heat a large pot over medium heat.
2. Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.
3. 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.
4. Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional - for heat).
5. 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.
6. Transfer soup to a blender, and purée on high until creamy and smooth. Return soup back to pot.
7. Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.
8. Store leftovers covered in the refrigerator for 3-4 days, or in the freezer up to 1 month. Best when fresh.