

Butternut Squash Ginger Soup



Makes 6-8 servings.

This soup is delicate and smooth. It is a wonderful way to use squash or pumpkin.

Ingredients

2 onions, chopped
1 medium butternut squash (pumpkin or other squash also work well), peeled and chopped (about 4 cups/ 1 l)
1 red chilli pepper, diced or $\frac{1}{4}$ tsp red pepper (optional)
4 cups (1 l) vegetable broth or water
2 Tbsp (30 ml) miso
2 Tbsp (30 ml) grated fresh ginger
4 cloves garlic, minced
1 Tbsp curry paste (or to taste)
1 tsp (5 ml) turmeric (or 1 Tbsp freshly grated)
1 cup coconut milk or other creamy non-dairy milk
Salt and pepper to taste

Preparation

Place all ingredients except coconut milk, salt and pepper in a large pot.

Cook for about 30 minutes or until pumpkin is soft. Blend until smooth (hand mixer or blender can be used).

Return the soup to the pot and add coconut milk, salt and

pepper. Sprinkle with dried red and green peppers, cilantro or parsley. In the picture above, I added roasted red pepper to part of the soup so I could make a fancier two-toned soup. The sprinkles on the soup are dehydrated red and green peppers – they give a nice crunch!

Note: the squash can be roasted first to add depth to the flavor of the soup.