



CURRIED COCONUT AND SQUASH SOUP

Makes about 8 Cups

2 Onions, Chopped	2 Medium Butternut Squash
3 Garlic Cloves, Minced	7 Cups Vegetable Broth
3 Celery Stalks	1 Can 14oz Coconut Milk
4 Carrots Diced	3 Tbsp Curry Powder

1. In a stockpot add onions, garlic, celery and carrots cook until onions are transparent and tender.
2. Peel and dice squash. Add to stockpot.
3. Add broth and curry powder.
4. Cover and bring to boil, stirring occasionally. Reduce heat and simmer 25–30 minutes.
5. Blend with a hand blender.
6. Add coconut milk
7. Stir and taste.
8. Add more spice if needed.
9. Option: Top with pumpkin seeds.