

# BUTTERNUT SQUASH SOUP

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Are you looking for a warming soup? The smooth and silky butternut squash soup is a perfect choice! Can be served for lunch or as a starter, and it's great for keeping warm in winter! Butternut squash is really tasty and contains vitamin A which is good for your eyesight, can enhance the hair and skin. Beloved vegetable around the world because it's versatility and easy to handle.

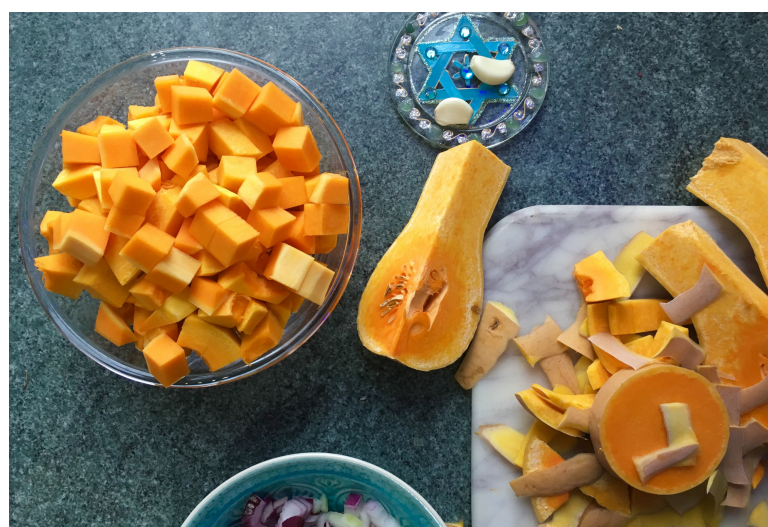
**Ingredients:** 1 Tbsp coconut oil / 1 white + 1 red onion - thinly diced / 2 cloves garlic / 1 butternut squash (cca 1kg) / 2 Tbsp (12 g) curry powder / 1 can light coconut milk / 500 ml vegetable broth

To start heat a large pot over medium heat. Once hot, add oil, onions, and garlic. Sauté for 2 minutes, be careful, not to burn them.

Add the diced butternut squash and season with salt and pepper, curry powder, and ground cinnamon.

Then cover and cook for 4 minutes. After that comes the coconut milk and vegetable broth. Let it 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 and purée on high until the soup is creamy and smooth. Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat. You can serve it with garlic bread, pumpkin seeds or coriander.



Peter's  
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