

## Curried Butternut Squash Soup

I was a student in a cooking class called ['Everything But the Turkey' at SF Cooking School](#) back in November and discovered this delicious AND healthy recipe for Curried Butternut Squash soup. Of the 16 dishes we cooked in class that day, it won 'Best in Show' by far. I then cooked it for my family's Thanksgiving dinner and it was a huge hit there as well. It really is incredibly delicious and healthy and a perfect appetizer for both vegetarians and meat lovers alike. I hope it will become a new favorite for your next holiday meal. Enjoy it!

- 1 tablespoon coconut oil
- ½ medium onion diced
- 1 clove garlic finely chopped
- Coarse sea salt and freshly ground black pepper
- 1 tablespoon minced fresh ginger
- 2 teaspoons red curry paste (recommended brand Thai Kitchen)
- 1 medium butternut squash (about 2 lbs) peeled and cut into 1" pieces
- 1 medium baking potato, peeled and finely chopped
- 4 cups vegetable (or chicken) stock
- 1 can (about 2 cups) coconut milk, well shaken

Heat a medium saucepan over medium heat. Add coconut oil and, when hot, add the onion, garlic, and ginger with a generous pinch of salt and pepper. Cook, stirring occasionally, until the vegetables are translucent but not browned, 4-5 minutes. Add the curry paste and cook, stirring, until very fragrant, a minute more. Stir in the squash and potato with another pinch of salt. Add the stock, increase the heat the medium high, and bring the mixture to a boil. Reduce the heat to medium low; add the coconut milk, and cook, stirring occasionally, until the squash and potatoes are very tender, about 20 minutes. Using an immersion blender, puree the soup until completely smooth. Heat the soup gently, taste, and season as needed with additional salt and pepper. The soup can be cooled, covered, and refrigerated at this point for up to 3 days. Ladle the hot soup into warm soup bowls, add a pinch of scallions and serve. For total cheat meals, feel free to add a bit of crème fraiche to the bowl as well when serving. Serves 4-6.