

# Butternut Squash Soup

This recipe can also be used for any hard winter squash or pumpkin.

## Ingredients:

1-2 butternut squash or any hard winter squash/pumpkin (peeled and scrap seeds out first and then cut into large cubes, enough for approximately 6 cups)

Water to cover the squash (just covering it barely in the pot)

1 can (1  $\frac{3}{4}$  cup) coconut milk

1 to 1  $\frac{1}{2}$  teaspoons salt

1- 2 teaspoons cumin

$\frac{1}{2}$  - 1 teaspoon tumeric

$\frac{1}{2}$  - 1 teaspoon ground coriander

\*\* 2 Tablespoons powdered onion

\*\* 2 teaspoons powdered garlic



## Directions:

Chop up the squash/pumpkin into chunks (2-3 inches) after having peeled it and taken out the seeds and pulp of the middle. Use enough squash to make approximately 6 cups. Place chopped squash and into a pot and just cover with water. Bring to a boil. Add to the pot 1 teaspoon salt. 1 teaspoon cumin.

\*\* NOTE: If you preferred you can use fresh onion and garlic in place of dried, just add one chopped onion and 2-3 crushed garlic cloves to the water with the squash.

When the squash is soft, take off the stove and let it cool down a little. Using a hand held blender, or by pouring into a full-size blender, blend into a puree (will have to blend in parts as this will not all fit into the blender at one time, I use a soup ladle and scoop out into the large blender). Place back into a pot and put on low heat and add 1 can of coconut milk. Serve hot with fresh sprig of parsley and a tablespoon of coconut milk spooned into the center of the serving bowl for nice appearance.