

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.

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.