Claire39s Curried Butternut Squash Soup

Jacob · 30/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

1 hr 45 mins

Description

So easy and so perfect for fall this ones from the collection I created for my kiddo when she was a starving college student I top it with toasted pumpkin seeds or curried almonds

Ingredients

- - 1 butternut squash - 1 tablespoon olive oil
- or as needed - 1 onion
- chopped - 1 shallot
- minced - 2 tablespoons curry powder
- or more to taste - 1 teaspoon ground turmeric - 1 apple
- cored and chopped - 1 slice fresh ginger
- minced - water to cover - 1 (14 ounce) can coconut milk - salt to taste

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Pierce butternut squash and place on a baking sheet. Bake in the preheated oven until tender
2. about 45 minutes. Allow squash to cool until easily handled; cut in half
3. scoop the seeds
4. peel
5. and chop the flesh. Heat olive oil in a skillet over medium heat; cook and stir onion and shallot until translucent
6. about 10 minutes. Add curry powder and turmeric and cook until evenly coated
7. about 2 minutes. Mix squash
8. apple
9. and ginger into onion mixture; add enough water to cover. Bring liquid to a boil
10. reduce heat to medium-low
11. and simmer until squash and apples are softened
12. about 15 minutes. Mash soup using a potato masher or blend with an immersion blender until squash is broken up. Mix coconut milk and salt into soup and simmer until heated through
13. about 3 minutes more.