

Winter Squash & Coconut Soup

Serves 4



VEGETARIAN



GLUTEN FREE

Ingredients

- 1 winter squash, peeled and cut into ½ - inch pieces (~3 cups)
- 2 ¾ cup vegetable broth
- 1 onion, chopped
- 1 tablespoon fresh ginger, chopped
- 1 teaspoon turmeric
- 1 cup light coconut milk
- ½ teaspoon white pepper
- Salt to taste
- 3 tablespoons parsley, chopped
- ½ cup plain yogurt

Directions

1. In a soup pot, heat 1 tablespoon broth on medium. Add onions and sauté until translucent, about 5-7 minutes.
2. Add ginger and turmeric, stir well, and sauté one more minute.
3. Add the rest of the broth and squash. Bring to a boil then reduce heat to simmer, uncovered, until squash is soft, 10-12 minutes.
4. With a blender, food processor, or by hand (will be less smooth), blend with coconut milk, adding white pepper and salt to taste*.
5. Reheat and garnish with chopped parsley and dollop of yogurt.

Notes

Blend in small batches so hot soup does not jump out and burn you.

Recipe from Cook Well Berkeley: Flexitarian Recipes, Fall 2013