

Lightly Curried Butternut Squash

Budget-friendly recipe

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Ready in: 45 mins.

Serve this soup to people who think they don't like squash or curry, and you'll change some minds. You can substitute any winter squash for the butternut squash.



Lightly Curried Butternut Squash
Photo attribution: Leanne Brown

Ingredients

- 1 butternut squash or other winter squash
- 1 teaspoon Olive oil
- 1 Medium onion *diced*
- 1 Green bell pepper *diced*
- 3 Cloves garlic *finely chopped*
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon turmeric powder
- ½ teaspoon Cayenne pepper *or more if you like it spicy*
- 1 (13.5 oz) can light coconut milk
- 3 cups Water
- Salt and pepper to taste
- sour cream (optional)
- scallions (optional)
- cilantro (optional)

What You'll Need

- Cutting board
- Chef knife
- Measuring spoons
- Measuring cups
- Large pot with lid
- Wooden spoon
- Blender
- Can opener

Directions

1. To prepare the squash, peel off the tough skin with a potato peeler. Cut the squash in half lengthwise with a sharp chef's knife, then scoop out the seeds and gloop. (You can save the seeds for a tasty snack later, if you like: just clean the gloop off, then toast the seeds.)
2. Next, slice off the stem and very bottom of the squash and throw them away. Take each half of the squash and place it face-down on a cutting board. Slice each across into 1/2" sticks, then turn each slice into cubes.
3. Heat the olive oil in a large pot over medium heat. Add the onion, pepper, and garlic, then sauté for 2 minutes. Add the cubed squash and spices and stir it all together.

4. Put a lid on the pot and let it cook for another 2 minutes. Add the coconut milk and water and stir. Bring the soup to a boil, then turn down the heat to low and let it cook for about 30 minutes, or until the squash is tender.
5. Once the squash is tender, taste the soup and add salt and pepper as needed.
6. Wait until the soup has cooled before transferring it to a blender. Pureé until smooth, then taste again and add any more salt and pepper it might need.
7. Pour into bowls and add toppings, if desired.

Nutrition Info and more

Serving size: 2 cups

Total calories: 138 Total fat: 3.5 g Saturated fat: 1.8 g Carbohydrates: 28 g Protein: 3.6 g Fiber: 7 g

Sodium: 17 mg