

Thai Curried Butternut Squash Soup

Author: Cookie and Kate Prep Time: 15 mins Cook Time: 25 mins Total Time: 40 minutes Yield: 6 cups 1x Category: Soup

Method: Stovetop Cuisine: Thai

★★★★★ 4.8 from 99 reviews

Light and creamy, vegan butternut squash soup recipe. This simple butternut bisque is seasoned with Thai red curry paste and swirled with coconut milk. Recipe yields about 6 cups (48 ounces) soup.

SCALE 1x 2x 3x



INGREDIENTS

- 2 tablespoons coconut oil or olive oil
- 2 pound butternut or kabocha squash, peeled, seeded, and cut into small 1/2-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2 to 3 tablespoons [Thai red curry paste](#)*
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/8 teaspoon red pepper flakes (up to 1/4 teaspoon for spicier soup)
- 1 tablespoon fresh lime juice
- 4 cups (32 ounces) vegetable broth
- 1/2 cup full fat coconut milk for drizzling on top
- 1/2 cup large, [unsweetened coconut flakes](#)**
- Handful fresh cilantro leaves, chopped

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INSTRUCTIONS

1. Heat oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add squash, onion, garlic, curry paste, coriander, cumin, salt and red pepper flakes to skillet. Stir to combine.
2. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft, about 15 to 20 minutes.
3. While the soup is cooking, toast the coconut flakes in a medium skillet over medium-low heat, stirring frequently, until fragrant and golden on the edges. Keep an eye on them so they don't burn. Transfer coconut flakes to a bowl to cool.
4. Once the squash mixture is done cooking, taste and add a little more Thai red curry paste if it's not quite flavorful enough for you. Remove the soup from heat and let it cool slightly. Working in batches, transfer the contents to a blender (do not fill your blender past the maximum fill line and be careful with the hot soup!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches.
5. Stir the lime juice into the blended soup. Taste and season with additional salt if necessary. Ladle soup into individual bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl the spoon through the topmost layer for a pretty design. Top the soup with toasted coconut flakes and a sprinkle of chopped fresh cilantro.

NOTES

Recipe adapted from [my creamy \(vegan!\) butternut squash linguine](#), [How Sweet Eats' similar soup](#) and [Simply Recipes](#).

If you love this recipe: You'll also love my [butternut chipotle chili](#) and [curried cauliflower soup](#).

***Where to buy Thai red curry paste:** Look for it in the Asian section of the grocery store. I like Thai Kitchen brand.

****Where to buy coconut flakes:** Look for them in the baking section at Whole Foods, health food stores or well-stocked grocery stores. The brands I see most often are "Let's Do Organic" (green package) and Bob's Red Mill.

▶ NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. See our [full nutrition disclosure here](#).

Nutrition Facts

Serves 6

Amount Per Serving

Calories 169

% Daily Value*

Total Fat 12g 15%

Saturated Fat 10.3g

Trans Fat 0g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.5g 0%

Cholesterol 0mg 0%

Sodium 594.3mg 26%

Total Carbohydrate 16g 6%

Dietary Fiber 2.6g 9%

Sugars 4.7g

Protein 1.8g 4%

Vitamin A 67% Vitamin C 22%

Calcium 4% Iron 10%

Vitamin D 0% Magnesium 9%

Potassium 7% Zinc 3%

Phosphorus 4% Thiamin (B1) 8%

Riboflavin (B2) 2% Niacin (B3) 6%

Vitamin B6 9% Folic Acid (B9) 7%

Vitamin B12 0% Vitamin E 7%

Vitamin K 7%

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/thai-curry-butternut-squash-soup/>