



Butternut Squash Curry Soup

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Servings: 6.19

Serving Size: 8 oz.

Protein Per Serving: 2.4 g

Calories Per Serving: 199 calories

Ingredients:

- 2 TBSP Oil, Olive
- 65 g Diced Onion
- 52 g Diced Carrots
- 52 g Diced Celery
- 2 clove(s) Garlic, fresh cloves, chopped
- 1 tsp Grated ginger root or ginger paste
- 50 g Diced Bell Peppers
- 530 g Small Diced Butternut Squash
- 120 g Diced Parsnips
- 3 c Vegetable Broth
- 1 packet(s) G. Washingtons Golden Seasoning & Broth mix
- 13 fl.oz. Coconut Milk, canned
- 1 tsp Yellow Curry Powder
- Optional: Garnish with cilantro, a small dollop of sour cream or a lime wedge. Low Protein rice also accompanies this dish well (These items are not included in the nutritional info).

Directions:

1. In a large saucepan over medium heat, heat the olive oil. Add the onions and saute until translucent, about one minute. Add the carrots, celery and garlic. Cook for about four to five minutes, stirring frequently to prevent burning. Add a tablespoon or two of olive oil if the vegetables look a little dry. Add the peppers and ginger and sauté for one minute.
2. Add the butternut squash, parsnips, vegetable broth, seasoning packet, coconut milk, and curry powder. Stir to combine. Bring to a simmer and cook until the vegetables are tender, about 25 minutes. Using a blender or an immersion blender puree the soup until nice and creamy. Season with salt and pepper to taste. Serve hot.