

Butternut Squash Thai Red Curry Soup



Adapted this recipe from some non-vegetarian options, increased the heat (optional) and adjusted the seasonings a bit. The soup is creamy with a little heat but can be adjusted with increasing or decreasing the Thai curry paste amount. I made this with some squash from our garden and served it with crusty bread and a salad for a meal.

Ingredients:

- 2 tablespoons olive oil
- ½ large, sweet onion chopped roughly
- 2 cloves garlic, chopped or crushed
- 2 tablespoons roughly chopped and peeled fresh ginger
- 3 lb. butternut squash (approximately), peeled, seeded and cubed
- 3 large carrots, cut into 1-inch cubes
- 6 cups vegetable broth
- 3-4 tablespoons Thai red curry paste (to taste)
- 1 14-oz can unsweetened coconut milk
- Juice of a lime, plus more limes for serving
- salt and fresh ground pepper to taste

Optional For Garnish

- Sriracha sauce, for drizzling
 - 4 scallions, thinly sliced
 - ⅓ cup chopped fresh cilantro
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- Heat the oil in a large soup pot over medium heat. Add the onion, garlic, and ginger and cook, stirring frequently, until softened, about 5 minutes. Keep heat low enough so nothing browns.
 - Add the squash, carrots, broth, and 2-3 tablespoons of curry paste. Bring to a boil, then lower the heat and simmer, covered, until the vegetables are tender, about 20-30 minutes.
 - Using a hand-held immersion blender, purée the soup until smooth. (Could also cool soup and puree in food processor or blender).
 - Stir in the coconut milk, lime juice, and salt, blend to smooth. Bring to a simmer and adjust the seasonings, adding more curry paste if desired, salt and pepper.
 - Ladle into bowls and garnish as desired.