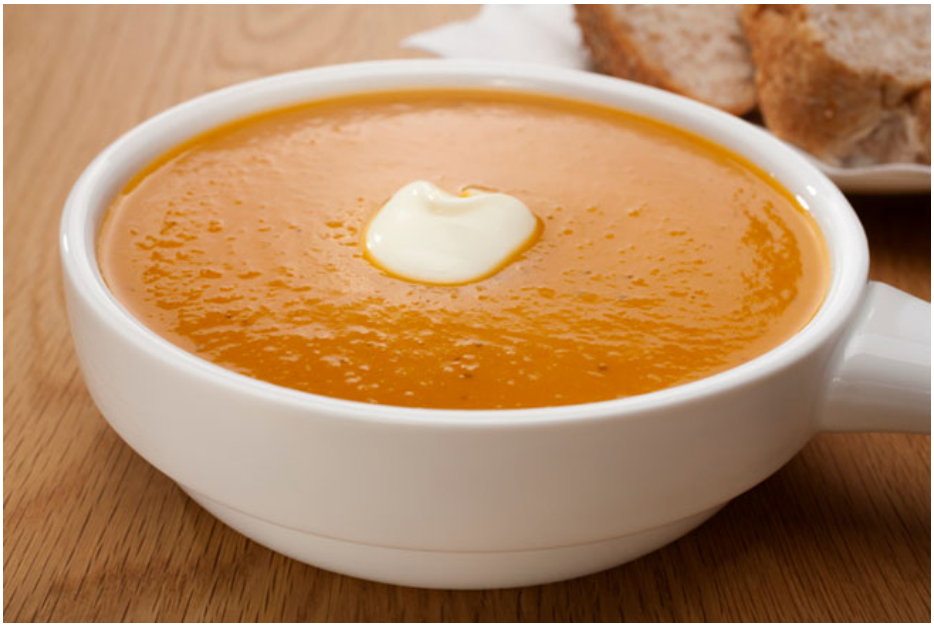
Coconut Thai Butternut Squash Soup

Prep Time: 1 hour

Cook Time: 30 minutes

Total Time: 1 hour, 30 minutes

Yield: 4 - 6



When it's snowing outside, temperatures are below freezing, and there's a huge butternut squash sitting on your counter top, there isn't much else to do except make a hearty, healthy warming butternut squash soup. Butternut squash is one of my favorite soups to make because it's loaded with nutrients, it's low calorie and super super filling. The only thing I don't like about it, is I have it so often that I get a little tired of it. To solve that problem, I decided to put a new twist on a typical butternut squash soup, and I did that by adding a Thai flare with curry and coconut. It's now a new wintertime staple.

Butternut squash is an amazing source of beta carotene, a good source of potassium, and high in immune-boosting vitamin C. It's also full of heart-healthy fiber (hence why I was very full after only having one cup!). Enjoy this soup and stay healthy and happy even on the coldest winter nights.

Ingredients:
3 Tbsp./45 ml. coconut oil
3 garlic cloves, minced
1 sweet onion, chopped
1 teaspoon fresh ginger, minced
2 Tbsp./30 ml. red curry paste
3 – 4 cups/800 ml. – 1 L. vegetable broth
1 large butternut squash, cooked (about 4 cups)
2 Tbsp./30 ml. olive oil
2 cups/500 ml. (or 1 can) coconut milk
1 lime, juice only
Dash of sea salt and pepper, to taste
1/2 cup **cashew cream** (optional)

Directions:
1.) Cook the butternut squash the night before you plan on making the soup to make it a faster process. T0 do so, heat the oven t 350 F/ 150 C.

2.) Cut the butternut squash in half lengthwise and remove the stringy dark orange flesh and the seeds. Drizzle olive oil and sea salt on flesh side of squash, then place flesh-side down onto a baking dish. Cook in the oven for 55 – 65 minutes.

3.) Once you can pierce the skin easily with a fork, remove from oven. Scoop out all of the squash into a container to have it ready to add to your soup the next day.

4.) When you're ready to make the soup, heat a large pot over medium-high heat. Add in the coconut oil, onion and garlic and saute for about 5 minutes or until the onions are translucent.

5.) Add in the ginger and curry paste to onion saute and mix well. Cook together, stirring occasionally for another 5 – 6 minutes.

6.) Pour in the vegetable broth and the squash into the pot. Stir and heat for another 5 minutes.

7.) Once heated through, add small batches at a time to a high-speed blender. Blend each batch until your desired consistency is achieved.

8.) After the entire batch is blended, add it back into a pot then add the coconut milk, lime juice, and salt and pepper and cook on low to medium heat for 10 – 12 minutes.

9.) Optional: Top with **cashew cream** to give it even more decadence!

Enjoy!

Nutrition Info is based on 6 servings:

Nutrition Facts

Serving Size (398g)
Servings Per Container

Amount Per Serving

Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 2g	

Vitamin A 80%	• Vitamin C 15%
Calcium 4%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Jamie Schneider

Jamie is the Editorial Content Manager at Reboot Your Life. As a Certified Holistic Health Coach, she is passionate about a healthy lifestyle and encouraging others to live happy and healthy by consuming more fruits and vegetables. She was one of the first members to join the Reboot community and has been juicing ever since. Jamie uses her juicer and blender everyday and loves experimenting with new recipes, especially guilt-free sweets to fulfill her sweet tooth. Follow her on twitter @JamiesHealthTip and www.getyourglow.com.

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