

Dinner in a Hurry Curried Squash Soup

What You Need:

2½ lbs winter squash (We used Red Kuri, but you can use any type.)
1 medium sweet onion, chopped
1 tart apple, peeled, cored and chopped (We used Jonagold.)
1½-2 cups water, depending on dryness of the squash
½ cup coconut milk
1 Tbsp jarred vegetable or chicken stock (We used Better than Bouillon.)
1½ tsp sweet curry powder
2 Tbsp oil of choice
Salt to taste
Grated ginger to taste (optional)

What You Do:

1. Split winter squash and place in a small casserole dish or microwave-safe bowl face up. Microwave on high for 5-6 minutes.
2. Turn dish around halfway and microwave for 5-6 minutes more. When done, remove seeds and scoop squash out. Set aside to partly cool.
3. In a heavy pot, such as a Dutch oven, saute onions and apples in oil until golden brown.
4. Place onions and apples in a food processor or blender and pulse until smooth.
5. Add squash, water, and vegetable or chicken stock, and process until creamy. Add more water if necessary.
6. Pour mixture into heavy pot. Whisk in curry powder and coconut milk. If you use ginger, add it at this point. Simmer mixture for 15-20 minutes.

Serves 4-6.

Variations: You may serve soup with a dollop of plain yogurt, sour cream, chopped peanuts, cilantro, mint, etc. Let your imagination run wild!