



Summer Squash Curry Soup

Ingredients:

- 1 Tablespoon extra virgin olive oil
- 1 yellow onion, chopped
- 1 clove garlic, minced
- 1 teaspoon curry powder
- 1 1/2 lbs. summer squash ends trimmed and cut into 1" pieces
- 4 Cups low sodium vegetable stock
- 1 Cup full fat coconut milk
- 1/2 lime
- Salt and pepper to taste
- Chopped fresh basil for serving

Instructions:

1. Heat the olive oil in a large pot or dutch oven over medium heat. Add the onion and saute 5 minutes or until translucent.
2. Add the garlic and curry powder, and cook 30 seconds.
3. Stir in the squash and cook 2 minutes longer.
4. Add the stock and coconut milk and bring to a boil.
5. Once boiling, reduce heat to medium low and simmer 10-15 minutes or until the squash is tender. Remove from heat.
6. Puree the soup with an emersion blender or in a blender or food processor until smooth. Pour the soup back into the pot and stir in the lime juice and adjust the seasoning as necessary. If you'd like a creamier soup, add more coconut milk as desired.
7. Serve the soup drizzled with a bit of coconut milk, chopped fresh basil, and extra lime wedges if desired. Enjoy!

Serves 6