



## SPICY THAI BUTTERNUT SQUASH SOUP

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian, Maintenance Plans)

If you enjoy Asian international flavors, give this Thai soup a try. Thai food is known for balancing out five flavor profiles, being sweet, spicy, salty, sour and creamy. The roasted butternut squash lends plenty of sweetness, the red curry paste adds spice (so temper it to your liking!), coconut milk makes everything creamy, and you can add your salt and lime to balance to your taste. If you have it on hand, fresh basil really seals the Thai profile. You can certainly cut this recipe in half for less servings. Makes 6-7 servings. One serving of this recipe is 1.5 cups and covers your vegetable and fat for one meal. You can also add 3 oz. cut up chicken or salmon to your bowl for your protein.



### INGREDIENTS

- 1 medium butternut squash (about 4 cups after roasting)
- 1-1/2 Tbsp avocado oil
- 1 medium onion, chopped
- 4 cloves garlic



1-2 Tbsp red curry paste, to taste  
1-1.5 tsp. curry powder, to taste  
Pink Himalayan salt, to taste  
1/2 tsp. black pepper  
4 cups chicken or vegetable broth  
1/3-1/2 cup canned coconut milk, to taste  
1 tsp. coconut aminos or Tamari (gluten free soy sauce)  
1 tsp. Lakanto maple syrup or 5 drops liquid stevia (or to taste)  
Fresh lime: to squeeze fresh into your bowl, optional  
Fresh snipped basil (optional) or sprinkle toasted sesame seeds or Everything Bagel seasoning

## INSTRUCTIONS

Preheat the oven to 400°F. Line a baking pan with parchment paper. Cut squash in half and place face down on the pan. Bake 30-40 minutes or until the squash is tender.

In a large pot, heat the avocado oil, then add the onion. Sauté for 3-4 minutes, reduce heat then add the garlic.

Remove seeds from the squash with a spoon, then scoop the squash in with the onions. Add red curry paste, curry powder, salt and pepper and mix together well.

Add the chicken or vegetable broth, coconut milk, coconut milk, and Lakanto/stevia. Mix well and bring to a boil, then simmer for 15 minutes.

Using an immersion blender (or transferring into a blender in batches), puree the soup.

Squeeze lime, add basil or Everything Bagel to your liking.

NOTE: You can adjust flavors by adding more red curry paste, curry powder, broth or coconut milk after simmering. Make it to your preference.