

Curried Butternut Squash Soup

Fall is in full swing. Leaves on the ground, mottled skies, and air so crisp in the morning it feels like an invitation to start something new. To take deep breaths and begin the day with more vigor. And then end the day with a warm bowl of soup in your hands. Preferably under a blanket. Hopefully by a fire.

This butternut squash soup is a fall classic. Gorgeous color, wonderful curried aroma, delicious flavor. It's creamy but dairy-free, and the curry hits the back of your throat in the most satisfying way. Wrap yourself in a sweater and enjoy.

INGREDIENTS

3 butternut squash – peeled and cubed
1 large yellow onion, peeled and quartered
5 cloves of garlic, unpeeled and whole
3 tablespoons of coconut oil
1 can unsweetened coconut milk (about 2 cups)
½ box of veg broth (about 2 cups, but use more if you wish)
4 tablespoons organic curry powder
1 to 2 teaspoons of kosher salt (to taste)
Freshly ground black pepper

DIRECTIONS

Preheat oven to 375.

In a large bowl, combine the squash, onion and garlic with the coconut oil, using your hands to massage the oil into the vegetables.

Spread the oiled vegetables on a cookie sheet and roast for about 45 minutes, until tender (test with a fork).

Combine the roasted veg in a Vitamix with the coconut milk and 2 cups of the vegetable broth.

Place the mixture in a pot over a low heat and add the curry powder, salt, pepper and more of the vegetable broth to reach the desired consistency.

Stir and simmer and allow flavors to swirl and blend.