

Butternut Squash Red Curry Soup

PREP TIME: 35 minutes

TOTAL TIME: 60 minutes

Servings: ~10 cups of soup



Ingredients

- 1 medium butternut squash, peeled and cubed
- 1 medium yellow onion, chopped
- 1 Tbsp extra virgin olive oil
- 1/4 tsp sea salt + 1/4-1/2 tsp to taste
- 1/4 tsp black pepper
- 2 cloves garlic, minced
- 3 Tbsp fresh ginger juice (2 Tbsp chopped ginger root would also work)
- 3 Tbsp red curry paste
- 4 cups low sodium vegetable broth
- 2 Tbsp peanut butter
- 2 cups full fat coconut milk

Toppings

- 1 package (15 oz) sprouted tofu, cubed (or protein of your choice - white beans or chick peas would also work)
- 1 cup dry pearl barley (or grain of your choice - quinoa, spelt berries, or wheat berries would also work)
- 1/2 bunch cilantro, chopped
- Lime wedges
- Sprinkle of crushed red pepper flakes

1. Preheat oven to 350 degrees. Wash, peel, and cube butternut squash then place on a parchment lined backing sheet and roast for 25-30 minutes or until soft enough to pierce with a fork. Remove from the oven and set aside.

2. Cook pearl barley according to package instructions then set aside.

3. Drain tofu from water and cube into bite size pieces then set aside.

In a large pot set to medium heat, sauté onion with 1 Tbsp olive oil, 1/4 tsp sea salt, and 1/4 tsp black pepper. Cook onion until translucent and golden on the edges, about 5-7 minutes. Add minced garlic to the pot and continue cooking for 1-2 minutes. Stir in the ginger juice or chopped fresh ginger and red curry paste. Stir until combined then add vegetable broth, peanut butter, and cooked butternut squash to the pot and continue cooking for an additional 5 minutes. Remove from the heat and work in batches to puree soup contents in a large blender on high until completely smooth. Add pureed soup back to the pot, stir in 2 cups coconut milk and simmer for 5-10 minutes. Add additional 1/4-1/2 tsp salt to taste.

4. Pour hot soup into serving bowls and top with cubed tofu, pearl barley, a sprinkle of chopped cilantro, the juice of 1 lime wedge, and a sprinkle of crushed red pepper flakes. If you do not plan to serve all the soup at once, store soup in an airtight container in the fridge for up to 5 days or in the freezer for up to 2 months.