

SQUASH SOUP- 8 servings

1 Tbsp vegetable oil

¼ cup mince gingerroot

2 onions, chopped

2 tsp ground coriander

1 clove garlic, chopped

1 tsp ground cumin

1 celery stalk, chopped

¼ tsp turmeric

4 cups chicken or vegetable stock

½ tsp each salt and pepper

8 cups cubed peeled butternut squash (about 3 lbs)

1 can coconut milk or 1 package coconut powder mixed into 1 cup water

In large saucepan, heat oil over medium heat. Add onions, garlic, celery, ginger, ground coriander, cumin, turmeric, salt and pepper. Cook, stirring often, for 5 to 8 minutes or until onions are softened. Stir in squash. Pour in stock and bring to boil. Reduce heat to low. Cover and simmer for about 20 minutes or until squash is tender. In blender or food processor, or with a hand blender, puree soup until smooth. Return to saucepan and reheat until steaming. Stir in coconut milk, heat through.