

Curried Butternut Squash Soup

Recipe By Rachel Goldman



Cooking and Prep:  1
h 20 m

Serves:  12

No Allergens

Preference: Parve

A warming orange squash soup destined to become a cold-weather favorite.

Difficulty: Easy

Occasion: Sukkot

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Carb

Source: Whisk by Ami
Magazine

Ingredients (10)

Main ingredients

- 2 tablespoons oil
- 1 Vidalia onion, sliced
- 1 teaspoon salt
- 1 teaspoon black pepper

- 2 cloves garlic, minced
 - 4 carrots, peeled and sliced
 - 2 large butternut squash, peeled, seeded, and cubed
 - 7 cups water
 - 4 teaspoons curry powder
 - 1 cup milk or **Gefen Soy Milk** (*optional*)
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Start Cooking

Prepare the Soup

1. Heat oil in a large stockpot and sweat the onions until slightly soft. Add salt, pepper, and garlic. Once the onions are translucent, add carrots and butternut squash.
2. Cover pot and let vegetables steam for about 15 minutes. Add water (it should cover the vegetables by about an inch) and cook covered for about 40 minutes, until all vegetables are soft. Puree until smooth using an immersion blender.
3. Add curry powder and let cook an additional five to 10 minutes. Add milk or soy milk at the end (if using). Enjoy!