



**VETRI
COMMUNITY
PARTNERSHIP**

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MOBILE TEACHING KITCHEN

Butternut Squash Soup

INGREDIENTS

- 2 Tablespoons olive oil
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 1 (2 inch) piece ginger, peeled and chopped
- ½ bunch of cilantro, stems roughly chopped and separated, leaves chopped for garnish
- 1 large butternut squash (about 5-6 cups) peeled and diced
- 1 (13.5 oz) can unsweetened coconut milk
- 3-4 cups water
- ¼ teaspoon crushed red pepper
- 1 lime, juiced
- Salt and pepper to taste

DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Rinse butternut squash and cilantro under cold running water to remove excess dirt.
2. Heat olive oil in a large pot over medium heat. Add onion and garlic, ginger and stems of cilantro, sauté for 5-7 minutes or until soft. Season with crushed red pepper and a pinch of salt. Next, add diced butternut squash and stir to combine.
3. Add water and coconut milk - *this should be just enough liquid to cover the vegetables*. Season with 2 teaspoons of salt.
4. Bring to a boil, then reduce heat to low and simmer until butternut squash is fork tender, about 15-20 minutes.
5. Once cooked through, carefully add to a blender or use an immersion blender and blend until creamy and smooth. *If using a blender it's best to work in batches and vent the lid for steam to escape!* Transfer blended soup back to the pot and bring back to a simmer.
6. Stir in lime juice, taste and adjust seasonings as needed. To serve, garnish with chopped cilantro leaves. Enjoy!



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