

Curried Squash Soup

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 2 cups

Equipment: large pot, spoon, blender

Ingredients

3 tablespoons cooking oil	1/2 teaspoon cayenne
1 onion, diced	1 large (3lb) butternut squash or pumpkin, peeled, seeded and chopped
4 cloves garlic, minced	6 to 8 cups vegetable or chicken stock
2 tablespoons fresh ginger, minced	1/4 cup maple syrup
2 tablespoons curry	
1 tablespoon cumin powder	

Instructions

- 1.In a large thick bottom soup pot heat 3 tablespoons oil. Add onions garlic and ginger. Sauté until translucent.
- 2.Add curry, cumin powder, and cayenne. Sauté until well incorporated.
- 3.Add squash and stock. Simmer until squash is very tender.
- 4.Add maple syrup and season to taste. Puree until smooth.



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Why We Like This Recipe

This soup is full of warming spices like ginger to help invigorate your body on a crisp fall day.

Chef's Notes:

- Don't have butternut squash? Substitute any winter squash you have on hand!

Nutrition Notes:

- Add a can of white beans to this soup before you puree it to increase the protein content and make this a more satisfying meal.

Gardener's Notes:

- *Cucurbita moschata* (Butternut Squash) can grow on a vine up to 15' in length. This "winter squash" is best harvested in late fall and has a thicker rind that is usually removed before eating.



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