

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 satiating 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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