

# Butternut Squash Soup with Curry & Ginger

MIND foods: Vegetables, beans, olive oil

Serves 4

Time: 30 minutes

Difficulty: Easy

## Ingredients

- 2 tsp extra-virgin olive oil
- 1 small yellow onion, diced
- 1-inch ginger root, peeled and minced (reserve a pinch for garnish)
- 4 garlic cloves, minced
- 2 tsp toasted garam masala curry powder
- 4 cups peeled and cubed butternut squash
- 4 cups chicken or vegetable broth
- 1 cup soft tofu
- 2 tsp chopped fresh parsley
- Salt and pepper, to taste



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## Method

1. In a large pot, heat oil over medium heat. Add the onion and sweat until translucent, then season with salt and pepper.
2. Add ginger root and garlic cloves and sauté until fragrant, up to 1 minute. Stir in curry powder.
3. Add butternut squash and broth, and bring soup to a boil. Reduce heat and simmer for 20 minutes or until squash is tender.
4. Add tofu. Use an immersion blender to puree soup until very smooth. Season with salt and pepper.
5. Serve hot, garnishing with fresh parsley and reserved ginger.



## Notes

No garam masala around? Substitute your favorite curry powder.

This soup freezes well. For an easy, anytime meal, freeze in single serving containers and reheat as desired.