



# Curried Butternut Squash Soup

Prep Time 15 mins  
 Total Time 30 mins

Meal Type Side  
 Contributed By



Source [Living Plate](#)

Servings 6



## Ingredients

- 1 large sweet onion, *chopped*
- 4 cloves garlic, *chopped*
- 1 Tbs olive oil
- 1 1/2 Tbs curry powder
- 1 tsp turmeric
- 1/8 tsp cayenne pepper or more
- 2 cup cauliflower, *florets*
- 2 cup butternut squash frozen
- 1 (15 oz.) can coconut milk
- 4 cup low-sodium vegetable broth
- salt, *to taste*
- pepper, *to taste* garnish
- 1/4 cup plain Greek yogurt

## Directions

### Prep

1. Chop onion, garlic and cauliflower florets

### Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until softened and fragrant. Add curry powder, turmeric and cayenne (if desired) and stir to coat onions.
2. Add cauliflower, squash, coconut milk and broth. Bring to a boil then reduce heat and simmer until cauliflower is soft, about 15-20 minutes. Add water if necessary to keep cauliflower covered.
3. Remove from heat and let stand until cool enough to purée.
4. Purée soup in batches in blender- be sure cover of blender is on tight as steam from soup could pop lid.
5. Season with salt.
6. Ladle soup into bowls and garnish with freshly ground black pepper and yogurt if desired just before serving.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Calories 230</b> per serving	<b>Total Fat</b> 18g	27%	<b>Total Carbohydrates</b> 17g	5%	
			Dietary Fiber 3g	12%	
			Total Sugars 6g		
			<b>Protein</b> 5g		

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