Thai Spiced Butternut Squash Soup

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, diced
- 3 garlic cloves, smashed
- 1 tablespoon ginger, minced
- 3 stalks lemongrass
- 3 cups cooked butternut squash flesh*
- 1 teaspoon salt
- 4 cups vegetable broth
- 1 cup plain soy milk
- 2 tablespoons lime juice
- 2 Thai chiles, sliced (optional)

Optional Toppings:

- Coconut milk, toasted coconut, toasted pumpkin seeds, chopped cilantro, and chopped scallions

Directions

1. Peel the outer leaves of the lemongrass stalk until you get to the tender center. Slice the lemongrass thinly. Set aside.
2. Heat the oil in a heavy-bottomed pot over medium-low heat. Add onions and garlic and let them cook for about 4 minutes, until the onions turn translucent. Add ginger, chiles (if using), lemongrass, and cook for another minute.
3. Add salt and vegetable broth, bring the heat up to a medium-high. Once the stock boils, add butternut squash and bring soup to boil again. Turn off the heat and pour in the soy milk and lime juice.
4. Using an immersion blender, blend the soup until smooth. Alternatively, you can scoop everything into a blender and blitz until smooth.
5. Serve soup with coconut milk, toasted coconut, pumpkin seeds, cilantro, and scallions.

*Roasting Butternut Squash: For this soup, pick a squash that is about 3 pounds. Cut the squash in half, dig out the seeds, and rub 1/2 tablespoon of olive oil onto each half. Bake at 350 °F for 45 to 55 minutes, or until the squash is easily pierced with a fork. Scoop out the butternut squash flesh for the soup. You'll end up with a bit more squash than is need for the soup. Save the remainder for other dishes or freeze for later.

Nutrition Facts

Serving Size (478g)
Servings Per Container 4

Amount Per Serving

Calories 230 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 5g	**20%**
Sugars 9g	
Protein 5g	

Vitamin A 230% • Vitamin C 50%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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