

Curried Coconut & Acorn Squash Soup

Serves 6

Butternut Squash soup has long been my favorite fall soup, but I think things might have changed with this soup. Coconut and curry powder pair beautifully with roasted acorn squash to make a soup that will leave you and your guests scraping the bowl for that very last spoonful.

3 1/2 to 4 lbs acorn squash
1 small (about 1/2 lb) sweet potato, pierced with a fork
2 carrots, peeled, ends trimmed, and cut into 2-inch lengths
1 tablespoon olive oil, divided
Salt, to taste
Freshly ground black pepper, to taste
2 tablespoons unsalted butter
1 medium yellow onion, chopped
1 large garlic clove, minced
2 teaspoons curry powder
2 cups homemade or less-sodium store-bought chicken broth, more to thin soup
1 1/3 cup canned unsweetened coconut milk
Garnish: 1/4 cup toasted almonds, 1/3 cup toasted unsweetened coconut flakes

Preheat the oven to 400 degrees. Cut the acorn squash in half lengthwise and scoop out and discard the seeds and pulp with a metal spoon. Brush the acorn squash halves with 1/2 tablespoon of olive oil and season generously with salt and pepper. Place acorn squash halves, cut side up, on a large baking sheet. Pierce the sweet potato a couple of times with the tines of a fork and set it on the baking sheet. Toss the carrot pieces in the remaining 1/2 tablespoon of olive oil and season them with salt and pepper. Add them to the baking sheet as well.

Bake everything for 1 hour or until all of the vegetables are tender. Allow the vegetables to cool and then scoop out the flesh from the acorn squash and sweet potato and place in a large bowl. The skins from the acorn squash and sweet potato can be discarded. Add the carrot lengths to the bowl.

Melt the butter in a large pot. Add the onion and cook, stirring often, until soft, about 4 to 6 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Add the acorn squash, sweet potato, and carrot pieces and stir to combine. Stir in the curry powder and then add the chicken broth. Bring the soup to a strong simmer and let it simmer for 15 minutes. Add the coconut milk and simmer for another five minutes.

Puree the soup in batches in a blender or puree in the pot using a hand-blender. For an extra creamy soup, strain the pureed soup through a chinois mousseline.

Return the soup to the stovetop and season to taste with salt and freshly ground black pepper. If the soup is too thick for your taste, add a little chicken broth to thin it. Enjoy!

This recipe came from Minced blog (www.mincedblog.com).