

A Local Food Advocate Network Recipe



butternut squash soup

St. Luke's church in Kingston, Ontario included this curried soup recipe in their church newsletter as squash is such a versatile and plentiful autumn vegetable. This recipe is very timely to include at Thanksgiving and Christmas—times when we especially give thanks for all our blessings, including the blessing of having good, healthy, local food to share with our family and friends.

curried butternut squash soup

- 1 large butternut squash peeled and cut into cubes (about 6 cups)
- 1 medium onion, chopped
- 1 or 2 carrots, peeled and chopped
- 1 cup cooked lentils
- 4 cups chicken or vegetable broth
- 1 (400 ml) can coconut milk
- 1 tbsp red curry paste

Bring the vegetables to a boil in the broth and let simmer for at least 15 to 20 minutes until very soft. Puree with an immersion blender, or in batches in a blender or food processor.

Once pureed, stir in the curry paste and the coconut milk. Cook for another 5 to 10 minutes to allow the flavours to blend, then serve.



Possibility grows here.

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