

# THE FLEXITARIAN COOK

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## Curried Butternut Squash Soup

1 medium to large butternut squash

3 carrots

2 celery stalks

2 small or 1 large yellow onion

2 Tbsp olive oil + some for drizzling

5 cups water or stock

1.5 tsp curry powder

1 tsp ginger powder

1/2 tsp cinammon

salt and pepper to taste

heavy cream (optional)

Halve squash. With a spoon, remove seeds. Place in a baking dish and drizzle with olive oil. Bake at 375 until soft (approx. 30 to 40 min). Scoop flesh out and set aside.

Chop carrots, onions and celery.

Saute onions in olive oil until they begin to color, then add carrots and celery, and let cook until the mix is golden. Add spices and mix well. Let the spices become fragrant (about 30 seconds or so), then add water or stock, and squash. Cover and bring to a boil, then turn the heat down and let the soup simmer. In about 30 min., your soup will be done. Let it cool for a while before processing with an immersion blender (or in a standing blender, whichever you prefer). Add a little salt and pepper if needed.

Serve warm or hot in bowls or cups, with a little bit of heavy cream drizzled on top (optional). Sit back and enjoy.