

Ginger Butternut Squash Bisque Soup

Meal time: Lunch
 Meal course: Main
 Meal type: Vegan
 Country of origin: France

Difficulty: Medium
 Servings: 6
 Total time: 1 hour

Ingredients

450ml vegetable broth
 4g cilantro, minced
 1 medium butternut squash, cut in half lengthwise and deseeded
 40g salted peanuts, coarsely chopped
 1 TBSP olive oil
 25g sweetened shredded coconut, toasted
 2 medium carrots, finely chopped
 1 medium onion, chopped
 1/2 TSP pepper
 2 garlic cloves, minced
 1 TSP salt
 2 TSP fresh gingerroot, minced
 450ml coconut milk
 2 TSP curry powder

Nutrition Facts

	Amount per serving
Calories	531
Total Fat	27 g
Saturated Fat	18 g
Total Carbohydrate	68 g
Dietary Fiber	8 g
Total Sugars	8 g
Protein	10 g
Cholesterol	0 mg
Vitamin D	0 IU
Calcium	77 mg
Iron	3.15 mg
Potassium	810 mg
Sodium	930 mg

Instructions:

1. Place squash in a greased shallow pan (cut side must be down) and roast in a preheated oven at 205 C, until squash is tender, for around 40-45 minutes.
2. Preheat oil in a large saucepan. Add in onion and carrots and stir-cook until tender.
3. Next, add 2 TSP curry powder, 2 TSP minced ginger and 2 minced cloves of garlic. Cook for a minute, then pour in can of vegetable broth.
4. Bring everything to a boil, then turn down the heat and simmer until carrots are tender, for 10-12 minutes, uncovered.
5. Scoop out flesh from squash and discard the skins.
6. Add squash to the carrot mixture along with 1 TSP salt, 1/2 TSP pepper, and can of coconut milk. Boil it again, stirring often.
7. Turn off the heat and allow to cool.
8. Smooth in a blender (in batches).
9. Transfer back to the pan and cook for a minute until heated through.
10. Top with cilantro, peanuts, coconut.

Notes: butternut squash is a great source of fiber, vitamins A, C, E and B along with minerals such as calcium, magnesium, and zinc.