

Coconut Kabocha Soup

Serves 8

- 600 g kabocha (2 pkgs. frozen or about ½ fresh squash)
- 2 T olive oil
- 1 large yellow onion, chopped
- 1 medium apple, peeled and diced
- 100 g cooked potato, peeled
- 500 ml vegetable broth (or chicken bouillon cubes)
- 2 tsp curry powder
- 2 tsp grated fresh ginger
- Pinch nutmeg
- 1 400-ml can coconut milk
- Salt/pepper to taste



1. Cook **kabocha** until tender in microwave. Let cool, then cut off skin.
2. Heat about half the **oil** in pot. Add **onion** and sauté over **med-low heat** until golden, **about 10 minutes**.
3. Add **apple, kabocha, stock** and **spices**. Bring to a steady **simmer**, cover and simmer gently until apples are tender. Cool slightly before next step.
4. Transfer to food processor in batches. Process until smoothly puréed then transfer back to pot.
(Can use immersion blender but won't be quite as smooth)
5. Stir in **coconut milk** and return soup to gentle simmer. Cook over low heat for 5-10 minutes, until well heated through.
6. Season with **salt** and **pepper**. Flavor will improve if soup is allowed to stand off the heat for an hour or two.