

Curried Butternut Squash Soup

- 1 T pumpkin seed oil, or oil of your choice
- 1 large onion, chopped
- 2 shallots, chopped
- 3 cloves garlic, chopped
- 1 T fresh ginger, chopped
- 1 T [curry](#) powder (or less, for less spicy soup)
- 1 c [mirin](#) (Japanese rice wine)
- 4 lbs [butternut squash](#), peeled, seeded and cut into cubes
- 6 c [vegetable stock](#)
- 1 1/2 c [coconut milk](#) (can use light, for less calories)
- kosher salt and freshly ground pepper
- cilantro, chopped for garnish
- [coconut shavings](#), toasted for garnish

In a large soup pot, heat the oil, medium hot. Add onion, shallot, garlic, ginger and curry powder, cooking until aromatic, about 5 minutes. Add mirin, and cook down until reduced by half. Add stock and squash, bringing to a boil, then reduce the heat to low, and simmer, covered, until the squash is soft, about 15-20 minutes. Remove from the heat, and purée until smooth.

A food mill was used to grind the vegetables into a velvety smooth consistency without being too thick. Return the soup to a pot, add coconut milk, heat, salt and pepper, then garnish with cilantro and coconut.