

VANATEE FARM

RECIPES

Curry Butternut Squash Soup

1 - Tbs Avocado Oil (coconut/grape seed oil also good substitutes)

1 - Onion Diced

1 - Tbs Garlic Minced

6 - Cups Butternut Squash, Cleaned, Peeled, Cubed

(Roast if desired for Extra Flavor)

1 ½ - 2 Tbs - Curry (I used Spiced Island Yellow Curry)

¼ - tsp Cinnamon

¼ - tsp Cumin

Pinch Each: Pepper, Ground Ginger, Salt (no salt if using regular broth)

2 - Cups Vegetable Broth (Better Than Bullion Roasted Vegetable)

1 - 14 oz. Can Light Coconut Milk

2-3 - Tbs Maple Syrup

1-2 – tsp Chili Garlic Paste (Optional)

For Serving

Toasted Pumpkin Seeds

Chili Garlic Paste

Full Fat Coconut Milk

- 1. Heat heavy pot (I used my dutch oven) over Medium Heat.**
- 2. Once hot add oil, onion and garlic. Sauté for a few minutes stirring frequently.**
- 3. Add Butternut Squash and seasoning. Stir to coat then cover and cook 4-5 minutes, stirring occasionally.**
- 4. Add coconut milk, broth, syrup and chili garlic paste.**
- 5. Bring to a boil over medium heat then reduce to low, cover and simmer for 15-20 minutes until butternut is fork tender.**
- 6. Remove from heat and either blend in a blender or use an immersion blender.**
- 7. Serve and top with either Toasted Pumpkin Seeds, Chili Garlic Paste, Coconut Milk or any combination of the three.**

**VANATEE FARM
7236 SW MCVEY AVE
REDMOND, OR 97756
VANATEEFARM@GMAIL.COM**