

## **From Kirsten's Kitchen.....**

**It's soup season!**

### **Fresh and Spicy Squash Soup**

By The Canadian Living Test Kitchen

This recipe makes 8 serving(s)

#### **Ingredients**

- 2 tbsp (25 mL) vegetable oil
- 2 onions, chopped
- 1 clove garlic, chopped
- 1 celery stalk, chopped
- 1/4 cup (50 mL) minced gingerroot
- 1/4 cup (50 mL) chopped fresh coriander
- 2 tsp (10 mL) ground coriander seeds
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) pepper
- 1/4 tsp (1 mL) grated lemon rind
- 1/4 tsp (1 mL) turmeric
- 1/4 tsp (1 mL) hot pepper flakes
- 8 cups (2 L) cubed, peeled butternut squashes, about 3lb
- 1 tomato, chopped
- 4 cups (1 L) chicken stock or vegetable stock
- 1 400 mL can coconut milk
- 1/2 cup (125 mL) fresh coriander leaves

#### **Preparation:**

In large heavy saucepan or Dutch oven, heat oil over medium heat; cook onions, garlic, celery, ginger, fresh and ground coriander, cumin, salt, pepper, lemon rind, turmeric and hot pepper flakes, stirring until aromatic and onions are softened, 5 to 8 minutes.

Stir in squash and tomato; pour in stock and bring to boil. Reduce heat to low; cover and simmer until squash is tender, about 20 minutes.

In blender or food processor, puree soup, in batches, until smooth. Return to clean saucepan; reheat until steaming. Stir in coconut milk; heat through. Serve sprinkled with coriander leaves.

\*\*\* Change the Flavour\*\*\* Try different milk ie. Goat, Cow, Cream, Sour Cream.....Mmmm.