

Thai Squash Soup

Ingredients

- **1 medium red kuri squash, peeled and diced**
- **1 butternut squash, peeled and diced**
- **4 sweet potatoes, peeled and diced**
- **2 cups onion**
- **2 cups of heavy cream (or coconut milk for a vegan soup)**
- **2 teaspoons of ground ginger**
- **2 teaspoons of ground cinnamon**
- **4 cups of vegetable broth (or more for consistency)**
- **Extra-virgin olive oil**
- **1 teaspoon sea salt**
- **1 teaspoon black pepper**

Instructions:

- Begin by preparing squashes. Cut both the Kuri and butternut squashes long ways. Rub olive oil all over each piece.
- Place it on a sheet pan with skin facing up. Bake at 400 degrees for 40 minutes. This softens the squash enough to be peeled and cut. Peel squashes, and then cut them into small cubes.
- Sautee onions in olive oil on medium heat until they are translucent. Add broth, squashes, sweet potatoes, and seasonings. Boil until all vegetables are very soft.

Using an immersion blender or food processor, blend soup until the consistency is completely smooth. Add heavy cream or coconut milk until desired consistency is met. Stir until completely mixed.