

## Squash Curry Soup

Adapted from [Simply Recipes](#)

### Ingredients

- 1 tbsp. unsalted butter
- 1 1/2 cups chopped yellow onion (about 2 medium onions)
- 2 tsp. minced garlic
- 2 tsp. minced ginger
- 1 1/2 tsp. curry powder (like [SWAD Madras curry powder](#))
- 3/4 tsp. ground cumin (preferably ground from whole seeds)
- 1/2 tsp. ground coriander
- Pinch of ground cinnamon
- 1 tsp. kosher salt, plus more to taste
- 4 cups chicken broth, vegetable broth, or water
- 2 bay leaves
- 3 1/2 cups (2 15 oz cans) roasted pumpkin or winter squash
- 3 tbsp. heavy cream
- 1/8 tsp. black pepper
- 1-2 tbsp. lime juice
- Sour cream or yogurt for topping
- Toasted squash seeds for topping (optional)
- Naan or bread for serving (optional)

### Directions

- Melt butter in a large pot of medium heat. Add the onions and saute until they have some color, about 10 minutes.
- Add the garlic, ginger, curry powder, cumin, coriander, cinnamon, and salt and saute for a minute.
- Add the water/broth/stock, bay leaves, and squash.
- Increase heat to high, bring to a boil, then reduce to a simmer.
- Simmer 10-15 minutes.
- Remove bay leaves. Puree the soup using an immersion blender or blender.
- Stir in the cream, black pepper, and lime or lemon juice to taste. Taste and adjust seasonings if needed (more salt will be necessary if you used water or salt-free broth/stock).
- Serve with sour cream or yogurt, toasted seeds from the squash, and naan or bread.