

Thai Butternut Squash Soup

Moosewood Restaurant Favorites
Palm Beach Post

Servings: 6

- 2 tablespoons vegetable oil
- 2 cups yellow onion, chopped
- 2 cloves garlic, chopped
- 1 teaspoon salt
- 1 tablespoon fresh ginger, peeled and grated
- 1 teaspoon Thai red curry paste (or more to taste)
- 2 1/2 pounds (about 6 cups) butternut squash, seeded and chopped
- 3 cups water
- 1 lime
- 1 cup unsweetened coconut milk
- 2 cups baby spinach, cut into chiffonade
- sugar
- 1/4 cup fresh cilantro (optional), chopped

In a stock pot or large soup pot over medium-low, heat the oil. Add the onions, garlic and salt. Cook until the onions have softened, about 10 minutes. Stir in the ginger and curry paste and cook for a minute or two more. Add the squash and water and bring to a boil. Reduce the heat and simmer until the squash is tender, 15 to 20 minutes.

While the squash is cooking, zest and then juice the lime. Add about a teaspoon of the zest and one tablespoon of the juice to the pot (reserving the extra). When the squash is tender, stir in the coconut milk.

Transfer the soup to a blender or food processor, then puree until smooth.

Remove the soup to the pot and reheat. Taste and adjust the flavor with a spoonful of sugar, if desired, as well as additional lime juice and/or curry paste. Stir in the spinach and cilantro and heat until just wilted.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 385 Calories; 5g Fat (11.1% calories from fat); 8g Protein; 89g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 389mg Sodium. Exchanges: 5 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	385	Vitamin B6 (mg):	1.2mg
			1

% Calories from Fat:	11.1%
% Calories from Carbohydrates:	81.7%
% Calories from Protein:	7.2%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	89g
Dietary Fiber (g):	13g
Protein (g):	8g
Sodium (mg):	389mg
Potassium (mg):	2600mg
Calcium (mg):	362mg
Iron (mg):	5mg
Zinc (mg):	1mg
Vitamin C (mg):	156mg
Vitamin A (i.u.):	55332IU
Vitamin A (r.e.):	5533RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	201mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	5
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 385 Calories from Fat: 43

		% Daily Values*
Total Fat	5g	8%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	389mg	16%
Total Carbohydrates	89g	30%
Dietary Fiber	13g	52%
Protein	8g	
Vitamin A		1107%
Vitamin C		260%
Calcium		36%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.