



Butternut Squash Soup

presented by Wake Tech Culinary

- 1 med onion, diced
- 2 pounds butternut squash peeled, seeded, and diced
- 2-3 tbsp brown sugar, I use palm sugar* if I have it
- 2 quarts vegetable or chicken stock (we will use veggie stock so this recipe will be vegan friendly)
- Bring to a simmer, cook until squash is soft
- (May add 2 cloves of garlic, 2 Tbsp minced ginger, a couple squirts of Siracha hot chili sauce)
- Add 1 large or 2 medium granny smith apples peeled, seeded, and diced
- Cook until apples are soft, puree until smooth
- Add 1 can of coconut milk
- Season with green curry paste* and salt to taste
- Garnish with toasted pumpkin seeds and dry coconut flakes

*Palm sugar and green curry paste can be found at Asian style markets.