

# Butternut Soup with Coconut Milk

*Yield: serves 8  
(serving size: about ½ cup)*

## Ingredients:

- 1 tablespoon olive oil
- ½ cup thinly sliced shallots
- 1 clove minced garlic
- 1 tablespoon minced peeled fresh ginger
- 2 cups of water or vegetable stock
- ½ cup canned coconut milk
- 1 teaspoon salt
- ¼ teaspoon ground red pepper
- 2 butternut squash, peeled and cubed
- 1 tablespoon of fresh lime juice

Heat a large heavy saucepan over medium-high heat. Add oil to pan; swirl to coat. Add shallots; saute 3 minutes or until softened, stirring occasionally. Add garlic and ginger; saute 1 minute. Add 2 cups water or vegetable stock, coconut milk, salt, red pepper, and squash; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until squash is tender, stirring occasionally.

Place squash mixture in a blender - this may have to be done in batches. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender (to avoid splatters). Blend until smooth. Stir in lime juice.

