

Creamy Coconut Curry Butternut Squash Soup

Serves 4-6

Ingredients

3 Tbsp olive or coconut oil
1 large onion, chopped
1 cup raw cashews
2-3 garlic cloves, chopped
2 medium carrots, chopped
2 celery stalks, sliced into ½" pieces
1 large butternut squash, roasted and cubed
5 cups low-sodium chicken or vegetable stock
2 Tbsp minced fresh ginger
2 tsp curry powder
2 tsp ground turmeric (or fresh root, grated)
Sea salt and freshly ground black pepper to taste
1 cup full-fat coconut milk
1 sprig fresh rosemary
Sprinkle of goat cheese (optional)



Provides 435 calories, 10 g protein per serving

Instructions:

1. Pre-heat oven to 375 degrees F and line a large baking tray with parchment paper. Cut off ends of butternut squash, then down the middle. Remove seeds. Place squash face down with ~1/4" of water and roast for about 45-60 minutes or until squash is tender.
2. In a large stockpot or Dutch oven, warm the olive oil on medium-high until shiny. Add the onions and cook, stirring, until they begin to soften, about 5 minutes. Add the garlic and stir another 2-3 minutes. Add the cashews and cook until the onions are translucent and the cashews have slightly browned, about 3 minutes. Add the celery and carrot, spices, half of the broth, and stir to combine and cook for about 10 minutes. Season to taste with salt and pepper, and bring the soup to a simmer. Continue stirring, adding in the rest of your broth.
3. Reduce the heat to low. Scoop out butternut squash away from its skin and cut into cubes. Add to soup and simmer for another 20-25 minutes, stirring occasionally. Allow to cool for 15 minutes.

4. In small batches, add all components of soup into a high-powered blender. Starting on low speed and increasing to high, purée until smooth. You can also use an immersion blender (let the soup remain in the pot) to puree.
5. If using a blender, return the soup to the pot, add the coconut milk and rosemary sprig, and cook over low heat, covered, until slightly thickened, for about 15 to 20 minutes. Serve immediately or refrigerate until ready.

Nutrition Tips:

- Soups are a wonderful meal option during treatment or recovery because they are easy to make, versatile, and are delicious! When blended, not only do the flavors come together for bold taste, but this offers a solution for those with chewing or swallowing difficulties. A big batch can be made and enjoyed throughout the week, or frozen and re-heated for later.
- Turmeric (curcumin), a component of most curry dishes, has potent antioxidant characteristics including the ability to protect cells and tissues by blocking free radicals, and may help to promote cancer cell death. Pairing turmeric with black pepper helps to absorb this potent spice.
- Butternut squash, in season in the fall and winter season, is full of vitamins and minerals including vitamins A, C, potassium, and magnesium which help support the immune system.
- Using spices and seasonings not only contributes anti-inflammatory and immune-boosting phytonutrients, but also can help combat taste changes and aversions.

Recipe provided by Sydney Bates, MGH Dietetic Intern 2018