

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Thai Curried Butternut Squash Soup
Serves 4-6 for appetizers

Ingredients:

1 butternut squash, diced
2 tablespoons coconut oil
1 tablespoon butter
1 small leek, well-rinsed, sliced
1 yellow onion
1 shallot, finely diced
1 large carrot, finely diced
2 cloves garlic, minced
1 teaspoon freshly grated ginger
1 teaspoon curry powder
1 can (14-oz) unsweetened
coconut milk
4 cups vegetable broth
1 teaspoon brown sugar
1 tablespoon fresh lime juice
1 teaspoon red Thai curry paste
kosher salt
black pepper

Toppings & Garnishes:

1 lime, cut into wedges
6 tablespoons full-fat coconut milk
6 tablespoons pumpkin seeds, roasted
10-12 fresh mint leaves

Directions:

1. Prep the butternut squash by cutting, peeling, and cutting into a dice approximately 3/4-inch cubes.
2. In a large dutch oven, add the oil, butter, leek, onion, shallots, carrot, garlic, and ginger. Sauté for 5 minutes over medium heat, stirring frequently.
3. Add the cubed butternut squash, and season with salt, pepper, and the curry powder. Stir to coat. Then, cover and cook for 15 minutes, stirring occasionally.
4. Add the coconut milk, vegetable broth, brown sugar, lime juice, and Thai red curry paste.
5. Bring the ingredients to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until the butternut squash is fork tender.
6. Use an immersion blender, or transfer soup to a blender, and purée until smooth. Serve with roasted pumpkin seeds, fresh mint leaves, lime wedges, and a drizzle of coconut milk.