

Curry Squash Soup

Yield: 5 cups

Ingredients:

5 cups shredded squash

2 tablespoons lemon juice

2-3 tablespoons light miso

2 tablespoons curry powder

2 tablespoons minced red onion

2 tablespoons Flax or Olive Oil (or a combination of both)

Directions:

For Squash:

Peel and rough chop into medium size pieces. Using the shredding blade of a food processor shred the squash and set aside for recipe.

For Soup Base:

Add shredded squash in small amounts to a high speed blender (I prefer the Blendtec with the large vessel for soup making). Blend until smooth, do not over blend as it whips too much air into your soup mixture and you want thick and creamy, not airy.

Then add lemon juice, miso, curry powder and onion. Continue blending until well incorporated and with the blades spinning add the flax or olive oil at the end.

Notes:

You may need a little bit of water to blend the squash, just enough to get the blades moving and the vortex working to combine the ingredients well. Be careful not to use too much, you don't want to water down your wonderful soup.

Stored in airtight glass containers, the soup will keep in the refrigerator for 3-4 days and can be frozen.