



## Curried Butternut Squash Soup

### Ingredients:

1/4 tsp slivered almonds, toasted (optional, for topping)  
3 Tb olive oil  
3.5-4 lbs butternut squash, peeled, seeded and cubed  
1 red onion, peeled and diced  
2 carrots, peeled and sliced  
6 cloves garlic, peeled and chopped  
2 Qts. organic vegetable broth  
salt and pepper to taste  
1 tsp curry powder  
1 tsp turmeric powder  
1/2 tsp smoked paprika  
1/2 tsp powdered cinnamon

### Directions:

In a small, nonstick pan, toast slivered almonds until lightly browned. Remove and set aside for topping.

Heat olive oil in a large soup pot and sauté onions and carrots until softened, 5-8 minutes.

Add garlic and sauté for 1 minute. Add chopped squash and cook for 5 minutes.

Add all of the seasoning and 2 quarts of broth.

Simmer, covered, for 25-30 minutes or until squash is tender to the fork.

Remove from heat, uncover and cool before blending.

Blend to a smooth puree with an immersion blender, food processor or

standard blender.

Top soup with slivered almonds and a dash of paprika.