



BUTTERNUT SQUASH CURRY SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

1 large butternut squash, peeled and cubed
3 medium carrots
3 medium onions, sliced
2 red peppers, chopped
A small punnet of fresh plum tomatoes or 2 large tomatoes, chopped
3 garlic cloves, chopped
400ml vegetable or chicken stock
400ml coconut cream (1 can)
3 tablespoon Garam Masala mix blend

PREP TIME

Soaking overnight

Prep time: 15mins

Cook time: 6hrs (slowcooker)

METHOD

- In your slow cooker or large pot add all chopped vegetables and mix
- Add the stock, and stir. Add 2 tablespoon of Garam Masala (more can be added later) and stir some more
- Cook in slow cooker for 6 hours on low setting
- Adjust timing if AGA or stove
- Once all vegetables are cooked through and softened fully, take off the heat and add to a blender or blitz with a handheld blender
- Add the coconut cream and extra spice if desired, and blend again to incorporate the coconut cream fully
- As always with soup, you can adjust texture by adding a little more water when blending.