

Curried Squash Soup—Cold or Warm.

4 servings

1 lb. squash, chopped,
1 small onion, chopped
1 tablespoon olive oil
1 teaspoon curry powder
2 cups chicken broth

2 cups yogurt, half-and-half, or unsweetened soy milk
Salt and pepper to taste
Chopped herbs—basil, cilantro, mint, etc.

Heat oil in a saucepan and saute squash and onions. Add curry powder and broth. Cook until vegetables are done. Cool, and puree in a blender or food processor adding the yogurt, half and half, or soy milk. If using part yogurt or half-and-half, add during the blending and serve chilled. Correct seasoning and garnish with chopped herbs.

This recipe can be modified. If you want a thinner soup, use 2 more cups of chicken broth instead of the yogurt, half-and-half, or soy. You can substitute vegetable broth for the chicken broth. To up the protein content of the soup, use a bone broth and Eden Soy organic soymilk. You can omit the curry powder also. It looks nice with sprinkles of paprika and chopped herbs.