

# GARAM MASALA BUTTERNUT SQUASH SOUP

This recipe is a slight tweak on butternut squash soup, but equally delicious and warming as you would expect. I've used a little less butternut squash, but we are flavoring it up with garam masala, a magical mixture of spices, and making it extra creamy by adding coconut milk. Coconut milk, a saturated fat, contains MCTs oil, which is excellent for helping keep you full longer and converting to energy faster.

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## INGREDIENTS

4 cups butternut squash, cubed  
(about 1/2 of a 3-lb butternut squash)  
1 tablespoon olive oil  
1/2 medium yellow onion, diced  
2 cloves garlic, minced  
2 teaspoons ground coriander  
1 teaspoon ground cumin  
1/2 teaspoon turmeric  
1/4 teaspoon fennel seeds  
1 teaspoon garam masala  
1 teaspoon salt  
3 cups water  
1/2 cup of coconut milk

## TACOS

2 cups butternut squash, cubed  
1/4 teaspoon smoked paprika  
1 teaspoon ground cumin  
1/2 teaspoon salt  
avocado, lime  
tortillas  
avocado oil

## MAKES FOUR BOWLS

- 1 Heat a large, heavy-bottom stockpot to medium and add olive oil. Then add onions and cook until translucent, about 5 minutes.
- 2 Add garlic, until fragrant (about 1 minute). Then add coriander, cumin, turmeric, fennel seeds, garam masala, and salt.
- 3 Add butternut squash cubes to the pot and toss with the spices. Then add water and bring to a boil. Lower to simmer and cook for 30 minutes.
- 4 Remove the pot from heat and let the contents cool. Strain out the butternut squash, place it in a blender along with the coconut milk, and blend through until smooth.
- 5 Add the cooking liquid in to get the desired consistency. The soup will thicken over time so aim for the thinner side.
- 6 Taste the soup and adjust the salt and/or garam masala. Just to note, the soup will taste differently as it cools and may not need more spice or salt.
- 7 For tacos: Toss butternut squash with spices then roast at 400 °F for 20 minutes. Mash some avocado with lime, salt, cilantro and serve on warmed tortillas with roasted squash.

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## NOTES

- Make sure to remove the little hole in the blender top and place a towel over it so heat can escape.