

## Squash Soup



### Ingredients

- one squash (recommended butternut squash)
- one potato
- one onion
- ½ tsp turmeric
- ¼ tsp cardamom
- salt to taste
- 1/3 can of coconut milk
- enough chicken broth to cover the vegetables

## Directions

1. Chop onions, cut potato and squash
2. In a soup pot, add a bit of oil and sauté the chopped onions.
3. Add the spices.
4. Add cut potato and squash to the mixture and sauté them slightly.
5. Add the chicken broth until all the veggies are covered.
6. Cook the soup until the squash is tender (around 25-30 mins).
7. Puree the soup using a blender.
8. Finish the soup with a touch of coconut milk and you are ready to serve.
9. You can decorate with some fresh coriander leaves and you are ready to enjoy.

A quick tip on how to cut your squash: start by slicing it in half using a sharp knife. Cut it again in four making sure the pieces are equal in size and thickness. At this point, cube the vegetable, previously peeled, and place it in your pot.