

Thai Inspired Squash Soup (cooked)

NMB/COOKED

Yield: approximately 8 cups

Ingredients:

4 cups vegetable stock
2 lemongrass stalks, chopped fine or pounded and cut into sections
3 tablespoons minced Ginger
3 large Garlic Cloves, chopped
1 bunch cilantro stems, chopped
1 cup scallions
1 cup carrot, chopped
1 tablespoon Jalapeno, chopped
8 cups winter squash, medium diced (cone #3 on Saladmaster)

¼ cup tamari (I use homemade soy free)
2 tablespoons Miso (I use chickpea miso by Miso Master, it's soy free)
1 can Coconut Milk, unsweetened (do not get lite)
2 Limes, juice and zest
1 bunch cilantro leaves, chopped

1 cup Nutritional Yeast (optional)

Directions:

In a large soup pot place the first 9 ingredients. See the note below about Lemongrass. Heat the soup pot over medium heat until contents begin to boil. Put the lid on the pot and cook for 30-40 minutes, until the squash is tender.

Stir in the coconut milk, cilantro leaves, lime juice and zest and tamari. Taste and add salt if needed.

Transfer all or ½ of this mixture to a blender in small batches and blend to a puree. Adding warm water as needed. Add the puree back to any soup left in your pot and stir together.

Serve with cilantro leaf and ½ cup shredded coconut if desired. Enjoy!

Note: To prepare the lemongrass: remove any dried leaves and pound the stalk until the fibrous sections begin to fray. Cut into sections and place in a nut milk bag. Place the NMB with the lemongrass into your soup pot along with all the other ingredients and cook. Be careful the cord from the bag does not fall too far outside the pot as it is flammable. Before blending and/or service remove the NMB and discard lemongrass pieces.

Thank you Chef Jenni for the inspiration for this recipe (<http://www.chef-jenni.com>)