

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Red-Curry Butternut Squash Soup**  
**Makes 6 (1 ½ cup) servings**

**Ingredients**

1 tablespoon canola oil **or** coconut oil  
1 medium onion, diced  
1 stalk celery, diced  
2 tablespoons minced fresh ginger **or** 1 teaspoon ground ginger  
1 tablespoon minced garlic  
1 butternut squash (about 3 pounds), peeled, seeded and cut into chunks  
5 cups low sodium chicken broth **or** water  
1 (13.5 ounce) can lite coconut milk  
2 tablespoons Thai red curry paste (find in Asian aisle of grocery store)  
1 tablespoon lime juice  
¼ teaspoon salt (optional)  
2 tablespoons chopped cilantro  
2 scallions, thinly sliced

**Directions**

1. In a large soup pot, heat oil over medium-high heat. Add onion, celery, ginger, and garlic. Cook, stirring occasionally, until onion is soft, about 5 minutes.
2. Add squash, chicken broth, curry paste. Simmer 20 minutes, until squash is soft. Stir in coconut milk.
3. Working in batches, puree the soup in a blender.
4. Stir in lime juice and salt, if desired.
5. Ladle into bowls and garnish with cilantro and scallions.

**Nutritional Information per 1 ½ cup serving:**

Calories: 176	Carbohydrates: 32g
Total Fat: 6g	Cholesterol: 0mg
Saturated Fat: 3g	Dietary Fiber: 6g
Sodium: 512mg	Protein: 3g