

## **CURRY Squash Soup**



**Serves 8-10**

Total Time: 20 min

### Ingredients

- Thaw 2 boxes of frozen winter squash
- 14 oz. can lite coconut milk
- 1 ½ cups water
- 1 bag of Morning Star meal starter Chicken like or Quorn chunks You will need to cut pieces into spoon sizes
- 1 T. coconut oil or canola oil to sauté vegetarian meat substitute
- ½ tsp. sweet curry powder optional. You can use regular curry powder
- 1/2 tsp. Garam Masala powder optional
- 1 bag of trimmed fresh baby spinach
- squeeze 1 whole lime or add 1 tablespoon of lime juice
- 1 heaping Tablespoon Brown sugar
- 1 Tablespoon of Thai red curry paste
- ½ teaspoon salt

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### Directions

1. saute- melt in pan 1 Tablespoon of coconut oil or canola oil. Season the Morning Star meal like pieces with ½ tsp. of sweet curry powder and ¼ tsp. Garam Masala powder. Cook for 5 -8 minutes and remove from pot and set aside.

2. Heat squash, coconut milk and water in a pot over medium heat. Cook, stirring occasionally, until the squash defrosts, about 10 minutes. If your squash is thawed cook for 5 minutes. Add meat substitute, reduce heat to medium and simmer, stirring occasionally, for 3 minutes. Stir in spinach, lime juice, sugar, curry paste, curry powder, garam masala to taste and salt and continue cooking for three minutes until spinach wilts.

If you don't have the sweet curry or Garam Masala, just use a teaspoon of curry powder to season the meat. The red Curry Paste can be found in the oriental section of the grocery store. Refrigerate after opening.

This easy to prepare and the adapted recipe makes 8-10 servings.