Butternut Soup

1 tablespoon coconut oil
1 onion, chopped
2 cloves garlic
1-2 butternut squash, fresh and homegrown (peeled and seeded, cut into cubes)
4-6 cups chicken or vegetable broth
1 tablespoon curry powder
Salt and pepper to taste
1 cup cream or coconut milk

Add a tablespoon or more of coconut oil to a pan and let warm to medium heat and then add chopped onion. After onions are caramelized then remove them from the pan.

Stir chopped onion and add spices (1 tablespoon of curry powder, salt and pepper to taste).

In a separate pot boil cut-up and peeled butternut pumpkin until soft, but not mushy.

Drain pumpkin and allow to cool slightly before adding them to a blender.

In the blender, add caramelized onion, cooked pumpkin and a can of coconut milk. Blend until smooth.

Return to pot for serving or to reheat if soup is not warm enough.

You can add a swirl of sour cream, or cilantro on top for decoration. You can also add more salt and pepper to taste.

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