Curry Peanut Heirloom Winter Squash Soup

Makes 1 to 2 servings

INGREDIENTS

1 tablespoon extra virgin olive oil
1/3 cup chopped yellow onion
1 garlic clove, minced
1 teaspoon hot curry powder
1 cup winter squash puree (about 1 small butternut squash)

1 cup vegetable or chicken stock*

1 tablespoon peanut powder or flour (unsweetened)

1/4 teaspoon fine sea salt, or to taste

1/4 teaspoon ground black pepper, or to taste

Finely chopped salted peanuts for garnish

* You can add more stock once the soup is pureed if you prefer for it to be thinner.

PREPARATION

Heat the oil over medium-high in a small soup pot. Add the onion and garlic and cook for 5 minutes, stirring often, until the onions soften and begin to brown. Stir in the curry powder.

Reduce the heat to low and stir in the puree. Add the stock and stir well. Stir in the peanut powder. Simmer on low, stirring often, for 5 minutes.

Remove from the heat and use an immersion blender to puree the soup. Alternatively, you can transfer the soup to a blender to puree and return it to the soup pot.

Return the soup to low heat. Add more stock if you desire a thinner soup. Add the salt and pepper to taste. Transfer to a serving bowl and garnish with finely chopped, salted peanuts.