Squash Coconut Soup

Ingredients:
2 onions, chopped
2 t. ground cumin
2 t. ground coriander
3 T. roasted chili paste (or to taste. this can get pretty hot!)
6 c. cooked winter squash or pumpkin (This can be any squash - cut them in half and bake them on a baking sheet with a little olive oil at 350 degrees for 30 to 45 minutes, until it's soft. Scoop out the flesh and use in this recipe or freeze for later).
1 can coconut milk
3 c. water, chicken or vegetable stock
3 T. soy sauce

Method:
Sauté in a stock pot the onions, cumin, coriander, and chili paste. Puree the squash in a blender with onion mixture. Add the coconut milk, stock or water, and soy sauce. Heat through and serve with warm bread and a green salad. Perfect!

This recipe came to us from a local cooking school group that visited the farm, harvested and cooked with us. I always ate snap peas fresh, but this is delicious!

From Left Foot Organics, Olympia, WA
www.leftfootorganics.org

Puget Sound Fresh is a program of Cascade Harvest Coalition, with funding provided by King, Snohomish and Pierce Counties and King Conservation District. For more information and to find other recipes, visit: www.pugetsoundfresh.org