**Lemon Curry Butternut Squash Bisque**

VEGAN, GLUTEN FREE, FREEZER FRIENDLY

Compliments of The Holistic Garden

***Serves 4***

**Soups are restorative.  Did you know the word *'restaurant'* is derived from the French word *'restaurer' which means to restore and the first restaurants were created in France and served only soups?***

***Every culture I've been exposed to has it's own cultural soup.***

***Universally comforting and nutrient dense, I always had soup on each client's meal plan, as a Personal Chef.***

**It's a vitamin pill in a cup.**



This soup screams FALL with its velvety smoothness offering comfort, coconut milk adding a touch of decadence & warm spices lending nutrient density.

The restorative properties of this dish are ANTI FUNGAL, ANTI VIRAL, ANTI BACTERIAL, ANTI MICROBIAL due to the curry(which contains turmeric), coconut oil & coconut milk and ginger.  Root vegetables for 'grounding.'

SPICES - Combine and set aside

1 tbsp Lemon Curry Powder  -  Frontier Spices

1 tsp   Sweet Curry Powder -    Penzey's

1 tsp   Sweet Turmeric Blend -  Frontier Spices

1 tsp   Ancho Chili Powder     -  Penzey's Arboretum

2 tsp   Fine Sea Salt

1 tsp white pepper

Melt coconut oil in a heavy bottom pot.  **Sprinkle 1/2 tsp of the above spice mixture** in the oil to toast a few seconds.  **Add 4 diced, *unpeeled*, carrots** and 4 **cups of diced butternut squash**.

Toss around to coat in the oil and spices.

**4 tablespoons *Sea Moss Gel*** **replacing the original recipe using a potato as a thickener.**

Add a touch of coconut oil to the pot, allow to heat then **add 2 tbsp tomato paste**.  Allow the paste to bloom in the oil for a minute or two so it can release a more intense depth of flavor.  Stir into the root vegetables, sprinkle another **1/2 tsp of spice blend**, toss around again, then turn heat low to med and allow to caramelize on the bottom of the pan before **adding 2 cups of filtered water** or **veg stock** and **Sea Moss Gel.**  Stir, put lid on lower heat to low and allow to simmer for about 15 minutes.

**Add 2 cups diced** and **seeded cantaloupe** PLUS **1 can full fat coconut milk(*fill empty can with filtered water and set aside for later use)*.** Stir once to submerge cantaloupe in soup, heat off, lid on....15 minutes.

My objective was for this particular soup to have elements of slightly sweet with warm spices and a kick of sparkly heat at the end.

Your objective is to fine tune the spices to your taste preference.

Satisfying & hearty because it is nutrient dense.