



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

CURRIED SUMMER SQUASH SOUP



Curry adds a wonderful flavor when combined with summer squash. It's a mild and warming bowl of goodness!



01 HR 05 MINS



Serves 4



Featuring

[Avila Farms](#)
[PICOSO FARMS](#)
[Lute Farms](#)
[J&M Farms](#)

INGREDIENTS

- 4 small onions, peeled, chopped
- 4 tablespoons olive oil
- 1 to 1-1/2 pounds yellow summer squash, chopped
- 28 ounces water
- 1 container (14 ounces) coconut milk
- Curry and turmeric powder, to taste
- Kosher salt and freshly ground black pepper, to taste
- Splash of vinegar, to taste

METHOD

In a 4- to 5-quart pan over medium heat oil; stir in onion and garlic. Reduce temperature to low and cook until soft, about 30 minutes. Add chopped summer squash and sauté on medium-high heat for 5 minutes.

Add the coconut milk, water, curry, and turmeric powder, a splash of vinegar, and salt and pepper to taste. Simmer on medium-low heat for twenty minutes.

Allow the soup to cool, transfer mixture to a blender; whirl until smooth. Transfer back into the pot and reheat to serve.