

### **SPICED SQUASH SOUP** (for 8)

1 large carrot, sliced  
1 onion, chopped  
2 cloves garlic, chopped  
2 T. olive oil  
2-2 ½ pound butternut squash  
1 can (15 oz.) coconut milk  
1 t. nutmeg  
½ t. cinnamon  
½ t. coriander  
¼ t. allspice  
1 t. curry powder  
2 t. thyme  
½ c. red rice, cooked\*  
1 ½ t. salt

Sauté the carrot, onion and garlic in oil. Peel the squash, remove the seeds and cut into chunks. Add to sautéed vegies and add water to cover. Bring to a boil and simmer 20 minutes or until squash is soft. Puree in a blender or food processor (or mash with a potato masher). Add the rest of the ingredients and heat to desired temperature. (If it is too thick add water.)

\*Red rice has a nice chewy texture but brown rice would be good too.