

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 veggies 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.)