

Easy Butternut Squash Soup, Vegan, Gluten Free with Doshic Options

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Serves 4

Ingredients:

1 butternut squash (may use Acorn squash or Japanese Kabucha squash)
3-4 carrots chopped
1 small red potato, diced
1 small leek, rinsed well and chopped
3 stalks of celery, chopped
1 bay leaf
1 tsp cumin seeds*
3/4 tsp turmeric*
5 whole cloves, ground*
3 Tbsp coconut oil or ghee
4 cups water (or vegetable broth)
1 tsp of mineral salt (or to taste)

Toppings:

fresh cilantro, fresh parsley, fresh basil, fresh ginger, ghee, pumpkin or sunflower seeds, coconut milk, black pepper, red chili pepper, paprika



Directions:

- Preheat the oven to 400°.
- Cut butternut squash in half, scoop out the seeds, and place flesh side down on the baking pan.
- Roast the squash for 35–60 minutes, depending on the size. (You should be able to stick a knife all the way through the squash with no difficulty).
- While the squash is roasting, warm coconut oil or ghee in a large stock pot. Add the cumin seeds, cloves, and bay leaves to the coconut oil, and sauté until you smell the aroma of spices.
- When the cumin seeds start to pop, add ground turmeric, celery, potato, carrots, and leek. Cook the veggies almost all the way.
- Add the water, mineral salt, and let the veggies steep as the water comes to a boil.

- At this point, if the squash isn't cooked, go ahead and turn the stove off so you don't burn the veggies.
- Let cook and then scoop out the squash and add it into the pot, then let it simmer for about 25 minutes. Turn off the stove, remove the bay leaves, and let the whole soup cool down.
- Blend the soup with an immersion blender or in a blender right before serving. Be sure to bring it back to a boil after you blend to ensure it's nice and warm.

Note:

*Dosha modifications

Replace cumin, turmeric, and clove seeds with your Ayurvedic doshic blend. Ground spices should be sauteed for just a few seconds to avoid burning them.

Vata Dosha- may add 1-3 cloves; toppings- fresh ginger, parsley, basil, ghee, coconut milk, pumpkin or sunflower seeds, paprika, black pepper

Pitta Dosha-omit cloves; toppings-may use small amounts of fresh ginger, add cilantro or parsley, ghee, coconut milk, pumpkin or sunflower seeds

Kapha Dosha- may add 5 ground cloves, use less salt; toppings-fresh basil, pinch of red chili pepper or paprika, black pepper, pumpkin or sunflower seeds

Modified from: <https://www.banyanbotanicals.com/info/blog-the-banyan-insight/details/easy-fast-butternut-squash-soup/>