

Indian Butternut Squash Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-soup-indian-style-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1/2 teaspoon Garam Masala
- 1/2 cup chopped onion
- 1 butternut squash Small, peeled, deseeded, and chopped
- 1 can coconut milk
- 8 fluid ounces chicken stock
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- salt
- pepper
- soured cream to garnish, optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 22 grams
8. Sodium: 310 milligrams
9. Sugar: 8 grams

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