

Indian-Spiced Squash Soup with Crispy Quinoa

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-india-chicken-squash>

Ingredients:

- 4 pounds squash whole, butternut, acorn, delicata, kabocha, and so forth
- 2 shallots
- 1 1/2 tablespoons olive oil
- 2 tablespoons curry powder
- 1 tablespoon Garam Masala
- 1 teaspoon cumin
- 1/2 teaspoon cayenne depending on your spice tolerance
- 1 teaspoon kosher salt
- 1 quart vegetable broth
- 1 cup coconut milk

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 64 grams
3. Fat: 20 grams
4. Fiber: 12 grams
5. Protein: 8 grams
6. SaturatedFat: 13 grams
7. Sodium: 1570 milligrams
8. Sugar: 13 grams

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