

# Roasted Turban Squash Soup With Pear and Sweet Onion

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/coconut-milk-creamer-recipe-indian>

## Ingredients:

- 2 tablespoons olive oil divided use
- 1 turban squash
- 1 pear
- 1 potato
- 1 sweet onion medium, quartered
- 1 tablespoon fresh ginger minced
- 1 teaspoon garlic minced
- 2 teaspoons black mustard seeds
- 4 cups vegetable broth
- 2 teaspoons Garam Masala
- 1 teaspoon turmeric
- 1 cup coconut milk
- 1 cup creamer coconut, see notes
- sea salt
- ground pepper

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 23 grams
3. Fat: 15 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 9 grams
7. Sodium: 770 milligrams
8. Sugar: 9 grams

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