

INDIAN BUTTERNUT SQUASH CURRY

Prepared by: Natalie O'Dell Crocker, January 2018

Source: Healthiersteps.com

4 cups butternut squash, peeled, deseed and dice
1-2 tablespoons coconut oil
1 medium onion, finely chopped
4 cloves garlic, minced
1 teaspoon fresh ginger, grated
1 tablespoon curry powder
½ teaspoon paprika
½ teaspoon dried thyme
1 14-ounce can coconut milk
¼ cup water
¼ teaspoon cayenne pepper, optional
1 teaspoon sea salt, or to taste
2 tablespoons fresh cilantro leaves

Heat oil in a large saucepan on medium high. Add onion, garlic, and ginger. Cook until onion is soft, about 3 minutes. Stir in curry powder, paprika, and thyme. Cook for 1 minute. Stir in squash, coconut milk, and water. Bring to a boil. Cover and reduce to a simmer on low heat. Cook for 15 minutes until squash cubes are tender but not mushy. Stir in pepper, salt, and cilantro. Delicious served with rice.

Natalie's Notes: I made it with white rice. It was super-fast and easy. The hardest part was peeling the butternut squash. I would make it again!

