



## Indian Soup with Squash and Vegetables

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 40 MINUTES

COOKING: 30 MINUTES

### INGREDIENTS

- 45 ml (3 tbsp) olive oil
- 1 yellow onion, finely chopped
- 2 garlic cloves, pressed or minced
- 3 celery stalks with leaves, finely chopped
- 3 medium carrots, sliced
- 1 red pepper, chopped
- 560 g (4 cups) butternut squash, peeled and cut into small cubes
- 3.5 ml (3/4 tsp) ground turmeric
- 3.5 ml (3/4 tsp) ground cumin
- 3.5 ml (3/4 tsp) curry powder
- 1 ml (1/4 tsp) ground cinnamon
- 2 pinches cayenne pepper
- 15 ml (1 tbsp) fresh ginger, grated
- 100 g (2 cups) kale leaves, finely chopped
- 1 can of 796 ml (28 oz) diced tomatoes
- 1 can of 400 ml (14 oz) coconut milk
- 750 ml (3 cups) vegetable stock
- 2.5 ml (1 tsp) sea salt
- 0.5 ml (1/8 tsp) pepper
- 1 can of 540 ml (18 oz) canned red beans, rinsed and drained
- 45 ml (3 tbsp) cilantro, chopped

### PREPARATION

1. In a large saucepan, heat oil. Add onion, garlic, celery, carrots and pepper. Cook over low heat for about 5 minutes, stirring frequently.
2. Add the squash cubes and continue cooking for another 5 minutes, stirring frequently.
3. Add spices and ginger by cooking for an additional 2 minutes (this step enhances the flavour of the spices).
4. Add kale, diced tomatoes, coconut milk, vegetable broth, salt and pepper. Bring to a boil, cover and simmer for 20 minutes over low heat or until squash cubes are tender. Five minutes before the end of cooking, add the red beans and coriander. Adjust the seasoning to taste and serve.



*Nicely spiced and highly colorful, this soup will satisfy all appetites!*