SQUASH CURRY WITH CHARD (vegan)
Yield: 4 servings

A friend gave me a kuri squash, chard, onions and garlic from her garden. I found this recipe that used them all. It’s a great soup. Every time I serve it, I get asked for the recipe.

1 small onion, diced
2 cloves garlic, minced
½ bunch of Swiss chard (about 6 ounces or more)
1 red kuri squash or butternut squash (about 2 pounds)
2 tablespoons coconut or canola oil
1 tablespoon mild curry powder
2 teaspoon fresh ginger, grated
Salt and pepper (to taste)
1 can coconut milk (13.5 fl oz)
1 cup low-sodium vegetable broth
Cilantro (for topping)
Brown rice (for serving)

1. Remove stems from Swiss chard and slice greens into 1/2 inch wide ribbons. Remove stem of squash. Cut in half and scoop out seeds. Cut squash into 1 inch cubes.

2. Heat oil in a large pot over medium heat. Add onion and cook until translucent, about 5 to 8 minutes. Add garlic, curry powder, ginger, and salt and pepper. Let cook about 1 minute.

3. Add cubed squash and stir until squash is well coated. Pour in coconut milk followed by the broth, stir, and bring to a boil. Reduce to simmer and let cook 30 to 40 minutes, until squash is very tender.

4. Stir in Swiss chard and let cook until wilted, about 5 more minutes.

5. Serve with a sprinkle of cilantro over brown rice.

Adapted from: https://naturallyella.com/kuri-squash-curry/