



# Holy Squash...It's Thai'd Up

From: Jenn Bradley

Serves: 20+

Prep Time: 30 min

Cook Time: 2+ hours

## Instructions

- 1) Preheat oven to 425. Cube acorn and butternut squash toss lightly in olive oil spread on cookie sheet. Half spaghetti squash drizzle olive oil put face down on cookie sheet. Cut top off garlic heads and drizzle with olive oil. Roast until squash is browning—about 45 minutes.
- 2) In a huge pot, put broth, diced onion, diced ginger, ½ of the celery diced, Red Curry Paste, Lemon Grass (cut stalks in half, bruise them, remove before blend)...cook while the squash is roasting.
- 3) Remove items from oven, put half the cubed squash and all of the garlic in the base. Add honey, salt and pepper. Use immersion blender to blend the base.
- 4) Add carrots, other 1/2 of celery, remaining cubed squash, peas, great northern beans, and grains. Cook until carrots are tender—about 30 minutes.
- 5) While the soup is cooking, remove spaghetti squash from the shell and spread on cookie sheet. Spray lightly with oil spray and add salt and pepper. Air fry on 450 for 20-30 minutes until crisp (could also bake).
- 6) Add lime juice and coconut milk.
- 7) Top with cilantro leaves and spaghetti squash.

## Notes

We did red lentil noodles at the end, probably overkill but was interesting.

## Ingredients

- Vegetable Broth/stock – 4 boxes
- Onion – 1.5 large
- Ginger – 2 thumb sized pieces
- Celery – whole stalk
- Red Curry Paste – 1 small jar
- Lemon Grass—2 stalks
- Garlic – 2 heads
- Acorn Squash—1 medium
- Butternut Squash—1 medium
- Honey – 1/3 cup
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Carrots – 2.5 lbs
- Peas – 1 large bag
- Great Northern Beans—3 cans, rinsed
- Ancient Grains—16 ounce bag with white quinoa, millet, red quinoa, and buckwheat
- Coconut Milk – 2 cans lite
- Lime Juice—3 limes
- Cilantro – 1 bunch, for topper,
- Spaghetti Squash—1 medium

