

# Chilled Yellow Squash Soup with Thai Flavors

My own concoction



## Servings: 6

1. Saute onion in olive oil for 3-5 minutes until onion has softened. Add squash, garlic, green curry paste, fresh ginger and chicken broth. Bring to a simmer and cook for about 15-20 minutes until the squash is tender.
2. Set aside to cool for 15-20 minutes. Add sour cream and lemon juice, then pour the soup into a blender and puree until smooth. Taste for seasonings, adding salt and pepper as needed. Refrigerate for several hours or overnight.
3. Taste again for more salt or pepper, then pour 1 1/2 cups (each serving) into a bowl and garnish with cilantro and seeds, if desired.

- 2 tablespoons olive oil
- 1/2 yellow onion, chopped
- 3 pounds yellow squash, chopped coarsely
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, diced
- 5 cups chicken broth
- 1 tablespoon green curry paste
- 1/2 cup sour cream, or full-fat yogurt
- 1 1/2 tablespoons fresh lemon juice
- Salt and freshly ground black pepper to taste
- 1/2 cup cilantro, minced
- 1/2 cup sunflower seeds, or pumpkin seeds (optional)

*Per Serving (excluding unknown items): 238 Calories; 16g Fat (58.4% calories from fat); 10g Protein; 16g Carbohydrate; 6g Dietary Fiber; 9mg Cholesterol; 657mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.*

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