

## **Harvest Curry Soup w/ Curried Roasted Seeds**

*makes enough soup for 4, but if you want squash 'bowls', you'll need one for each person.*

2 Sweet Dumpling Squash (choose 2 that will sit nicely upright stem-side down)

1 medium sweet onion, sliced or coarsely chopped

4 cloves garlic, halved

1 can light coconut milk

2 Tbsp red curry paste

Curried Roasted Seeds for garnish (recipe below)

### **Curried Roasted Seeds**

seeds from 2 sweet dumpling squash

1 1/2 Tbsp coconut oil

1 tsp sea salt

1 tsp curry powder

dash coriander

Preheat oven to 375 degrees.

Cut the top 1/3 off of the squash so that the larger portion will sit as a bowl, stem side down. Use a spoon to spoon the 'guts' and seeds out into a colander. Place the squash in a casserole dish, cut-side down in about 1" of water. Bake for 35min.