

Thai Squash soup with Shrimp

Canadian Living January 2008

Small slow cooker

Serves 4-5

1 stalk lemongrass (optional)
4 cups cubed peeled butternut squash
1 can coconut milk
2 cups sodium reduced chicken stock
1 tbsp Thai red curry paste (watch it!)
6 thin slices ginger root
1 ½ tsp fish sauce
¼ tsp packed brown sugar

1 lb large raw shrimp, peeled, deveined

2 tbsp sliced fresh mint or basil

- If using lemongrass, hit with top of knife blade along stalk to bruise, cut into 1 inch lengths.
- In slow cooker, combining squash, coconut milk, chicken stock, curry paste, ginger, lemongrass, fish sauce and brown sugar. Cover and cook on low for 4-6 hours or until squash is tender.
- Discard ginger and lemongrass.
- Whir soup until smooth.
- Stir in shrimp; cover and cook on high for about 15 minutes or until shrimp are pink.
- Stir in mint or basil.