

Summer Squash Soup

Season 5-6 oz. extra firm tofu with pinch salt, toss w/ oil and cook in skillet over medium heat for 4-5 minutes till brown on one side, toss, cook several minutes more. Set aside. Mash 2 t. red Thai curry paste in 2 T coconut oil, and heat paste medium heat till fragrant. Stir in 2 large shallots, saute till tender. Stir in 1 lb. yellow squash and 1/2 lb potatoes and cook few minutes. Stir in 3 cloves ch garlic, add cup or more veggie broth or H2O, and 10 oz. coconut milk. Just bring to boil, immed lower heat and simmer till potatoes are tender. Add more curry paste if needed. Top each bowl with tofu croutons. Recipe brought to Cottingham Farm from Heidi Swanson's "Super Natural Every Day".

