



## Laotian-Style Squash Soup

- 
- |  |  |
|--|--|
| 1 butternut squash (2 lbs.)                                      | 2 Tbsp. fish sauce (optional)  |
| 5 Tbsp. vegetable oil  | 1 large tomato, chopped (optional)   |
| 1 large onion, diced   | ¼ cup fresh cilantro leaves for garnish (optional)                               |
| 1 package tofu, about 1 lb (or try adding your favorite sausage) | ½ loaf multi-grain bread (cut costs by making this yourself)                     |
| 1 can coconut milk (about 2 cups)                                | Note: optional ingredients or substitutions may bring the meal's cost above \$10 |
| 2 ½ cups water   |  |
| ½ tsp cayenne (from bulk spice section)                          |  |

### Recipe instructions:

- 
1. Preheat the oven to 350°F. Cut the squash in half and put in a casserole dish. Cover tightly with aluminum foil and bake until soft, about 1 hour. Remove from the oven, cool, and remove the seeds and strings. Scoop the pulp from the shell to a bowl.
  2. While the squash is baking, dice the tofu and fry in 3 Tbsp. oil over medium high heat. Rotate until tofu is browned on all sides. Set aside.
  3. In a large saucepan, sauté the onion in the remaining oil over medium heat until transparent. If using tomato, stir in and cook until softened, about 5 minutes. Add the squash, stock, and coconut milk. Bring to a boil, then remove from heat.
  4. Add salt and peppers to taste and optional fish sauce. Either mix by hand or use a blender for a finer purée. When mixed to your satisfaction, stir in tofu. Garnish with cilantro, if desired.
  5. Serve hot with a thick slice of multi-grain bread.



-Adapted from the recipe by Mark Bittman and contributed by Co-op member-owner Zoë Plakias