

## Recipe – Curried Squash

### Ingredients:

- 4 – 5 tablespoons preferred fat or oil (ghee, butter, extra virgin olive oil, coconut oil)
- 1 heaping teaspoon mixed curry spice seeds like fennel and cumin
- 2 tablespoons curry powder
- one large onion, minced
- 2 large butternut squashes, peeled, cubed

### Directions:

Heat the oil and fry the seeds and curry powder for about 30 seconds while stirring.

Add the minced onion and cook on low until it's translucent.

Steam the cubed squashes until soft, drain, and then mash or process.

Reheat the squash in the curry sauce and serve.

Makes 8 – 10 servings.