



Garden Fresh Farm Recipes

Indian-Style Yellow Squash Soup

This vibrant Indian-style yellow squash soup blends tender squash and potato with warm spices like cumin, turmeric, and garam masala for a deeply comforting flavor. Coconut milk adds a creamy finish, while fresh ginger and garlic provide a fragrant kick. Silky and nourishing, it's perfect as a light lunch or a flavorful starter, especially when served with warm naan or a squeeze of lime. A delicious way to enjoy a summer harvest with the bold taste of India.

Ingredients:

- 2 tablespoons vegetable oil or ghee
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- 1/4 teaspoon red chili powder (optional, for heat)
- 4 cups yellow squash, diced (about 3–4 small squash)
- 1 medium potato, peeled and diced (for creaminess)
- 4 cups vegetable or chicken broth
- 1/2 cup coconut milk (plus extra for garnish)
- Salt to taste
- Fresh cilantro leaves for garnish
- Lime wedges (optional)



Directions:

In a large pot, heat oil or ghee over medium heat. Add cumin seeds and let them sizzle for a few seconds until fragrant.

Add chopped onions and sauté until translucent, about 5 minutes. Stir in garlic, ginger, coriander, turmeric, garam masala, and chili powder. Cook for another minute to toast the spices.

Add the diced yellow squash and potato. Stir well to coat with the spices.



Garden Fresh Farm Recipes

Pour in the broth, bring to a boil, then reduce to a simmer. Cover and cook until vegetables are soft, about 20 minutes.

Use an immersion blender to puree the soup until smooth (or transfer to a blender in batches). Stir in the coconut milk and simmer 5 more minutes.

Taste and add salt as needed. Serve hot, garnished with a swirl of coconut milk and fresh cilantro. A squeeze of lime brightens the flavors beautifully.