

Curried Coconut Butternut Squash with Tempeh (Vegan, Possibility Paleo)

This is another one of my favourite winter stews. It is similar to my [Spicy "Peanut" Chicken Stew](#) with the same rich, comforting, and filling qualities. The combination of the coconut, lime, and spices makes it a Sansational.

Perfect for this cold winter!



Ingredients:

- 1 tbsp coconut oil
- 1 red onion, diced
- 1 tsp fresh ginger, diced
- 1 large red bell pepper, diced
- 3 cloves garlic, chopped
- 1 medium butternut squash, peeled and cubed
- 1 tsp jalapeño flakes
- 2 tsp curry powder
- 1 can full fat coconut milk
- 2 cups chicken or veggie broth

1 tbsp fresh lime juice
2 kafir lime leaves (optional)
1/2 tsp sea salt (or to taste)
1 pkg of tempeh, cubed
1/2 cup fresh cilantro, chopped

Directions:

1. In a large Dutch oven or stockpot, heat the coconut oil over medium heat and sauté the onion until soft (about 4 minutes).
2. Add the ginger, bell pepper, garlic, squash, and jalapeño flakes, and continue to sauté for another 5 minutes. Add the curry powder, coconut milk, kafir lime leaves, and broth.
3. Simmer and cook until the squash is tender (20 to 25 minutes). Remove the lime leaves and puree with hand blender until smooth.
4. Add the tempeh and simmer for another 10 minutes.
- 5 . Add the lime juice, cilantro, salt and pepper to taste.

Enjoy!

Sansational Tips:

1. This stew is just as delicious without the tempeh or you can substitute it with cubed chicken.
2. You can use frozen, packaged squash to speed up the cooking time.
3. Kafir lime leaves are found in most Indian grocery stores.
4. I like using dried jalapeño flakes to save time, but you can use a fresh jalapeño if you wish. Dried jalapeño flakes can be found in most Bulk Barn stores.
5. I used a [VitaClay slow/rice cooker](#) for this recipe. Just through everything in the pot, stir, and cook on the “stew” setting for 2 hours and puree the soup with a hand blender right in the clay pot. (Remove the tempeh cubes before pureeing and add back in when done).