



Squash and Shrimp Soup

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: 20 MINUTES

COOKING: 40 MINUTES

INGREDIENTS

- 45 ml (3 tbsp) olive oil
- 1 onion, finely chopped
- 4 celery stalks with leaves, finely chopped
- 2 garlic cloves, minced
- 900 g (6 cups) butternut squash, peeled and cut into small cubes
- 3.5 ml (3/4 tsp) turmeric
- 3.5 ml (3/4 tsp) cumin
- 5 ml (1 tsp) sea salt
- Pepper to taste
- 500g (2 cups) chicken stock
- 2 cans of 796 ml (28 oz) diced tomatoes
- 500 ml (2 cups) medium shrimp cooked, shelled and deveined
- Fresh cilantro

PREPARATION

1. In a large saucepan, heat oil. Add onion, celery and garlic. Cook over low heat for about five minutes, stirring frequently.
2. Then add the squash cubes and continue cooking for an additional five minutes, stirring frequently.
3. Add spices, salt and pepper, cooking for another two minutes (this step enhances the flavour of the spices).
4. Add chicken broth and diced tomatoes. Bring to a boil, cover and simmer for 20 to 30 minutes over low heat, until squash cubes are tender.
5. Add shrimp and serve with chopped cilantro to taste.



The squash and shrimp mix is surprising, isn't it? You will be pleasantly surprised by the mixture of all these flavors! And I invite you, if you haven't, to discover cilantro, which has a fragrance that I cannot resist, and which perfectly complements this dish.