

Farm Fresh Summer II: Summer Squash

Since summer squash is here to stay until fall, having a handful of go-to recipes to use up these beauties is definitely helpful.



In my opinion, there is not much that beats them sliced, seasoned, and grilled or roasted but this Coconut Curry Summer Squash Soup is really hard to pass up. While I am usually not a big fan of tofu, using a sprouted version on occasion is certainly fine. I have to admit, though, replacing it with babybella mushrooms was divine.



Ingredients

8 ounces extra-firm tofu, cut into 1/2-inch cubes (I prefer sprouted for easier digestion.)

Fine-grain sea salt

1 tablespoon red Thai curry paste, plus more if needed

3 tablespoons extra-virgin coconut oil or extra-virgin olive oil, plus more for the tofu croutons

3 large shallots, chopped

1 1/2 pounds yellow summer squash or zucchini, cut into 3/4-inch chunks

12 ounces potatoes, unpeeled, cut into tiny cubes

4 cloves garlic, chopped

2 cups lightly flavored vegetable broth or water

1 (14-ounce) can coconut milk

[Full Instructions Here](#)