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SOUPS & STEWS Daily Chew

Daily Chew's butternut squash coconut soup

By Sarra Sedghi · Rough Draft Atlanta, 9/17/2025

Prep 15 minutes **Cook** 30–35 minutes

Ingredients

- [ ] 1 medium butternut squash, peeled, seeded, and diced
- [ ] 1 ounce white onion, diced (about 1/4 cup)
- [ ] 1 Tbsp fresh ginger, minced (or 1 tsp ground ginger)
- [ ] 1 tsp ground nutmeg
- [ ] 1 tsp ground coriander
- [ ] 1 quart (4 cups) vegetable stock
- [ ] 1 1/2 cups coconut milk (unsweetened, full fat or light)
- [ ] 1 Tbsp neutral oil, such as olive or coconut
- [ ] Salt and pepper to taste
- [ ] Optional garnish: toasted pumpkin seeds

Directions

1. **Prepare the base:** Heat oil in a large pot over medium heat. Add diced onion and sauté for 2 to 3 minutes until softened and fragrant. Stir in ginger, nutmeg, and coriander. Cook for 1 more minute to bloom the spices.
2. **Cook the squash:** Add diced butternut squash to the pot and toss to coat with aromatics. Pour in vegetable stock, bring to a boil, then reduce heat to a simmer. Cover and cook for 20 to 25 minutes, or until squash is tender.
3. **Blend the soup:** Use an immersion blender to puree directly in the pot until smooth. You can also transfer soup to a blender in batches.
4. **Finish with coconut milk:** Stir in coconut milk and let the soup gently simmer for 3 to 5 minutes. Season with salt and pepper to taste. Let cool, then garnish with toasted pumpkin seeds, if desired, and serve.

The story

This week, we're ushering in fall feelings and sharing Daily Chew's butternut squash coconut soup recipe. A recent addition to the menu, the Daily Chew soup is inspired by a similar soup owner Julia Kesler Imerman remembers her father making.

"Soups were always a staple in my house growing up during the cooler months," she said. And, for Imerman, the flavor profile of butternut squash makes it an ideal vessel for soup. "It's sweet and earthy at the same time," she said.

Daily Chew's butternut squash soup is vegan, utilizing coconut milk as its base. Not only does the coconut milk accentuate the soup's aromatics, it also adds a creamy consistency to the cooked squash and onion.

This recipe calls for an immersion blender, but the soup can also be made with a regular blender. Once all the vegetables are cooked and tender, transfer everything to the blender in batches. Imerman sources her produce from farmers markets, however, all of the ingredients to make Daily Chew's butternut squash soup are easily found in a grocery store.

Pair the soup with toasted bread — Imerman recommends a seedy rye — and a white wine such as chenin blanc. The soup makes a lovely accompaniment to a bold and toothsome salad like a kale Caesar.

Serving Size: *4 people****Prep Time:*** *15 minutes****Cook Time:*** *30–35 minutes*

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