**Butternut curry sauce**

Serves 4 people

**Ingredients**

1 large onion sliced

2 tblsp of oil or ghee

1 lbs of diced butternut squash

2 tsp finely chopped garlic

Fresh ground black pepper

2 tsp or to taste of your favorite curry powder

1 or 2 tomatoes diced

1-2 cups of heavy cream

**Method**

1. Play with this recipe, but give it a try. You will love the results.
2. Heat your oil in a heavy pan and add the onions. Sautee until nicely caramelized but not burnt.
3. Add your curry, garlic, pepper and squash
4. Stir in your tomato’s and let it all cook together.
5. Optionally add a splash or 3 of white wine.
6. When the squash is just cooked add some of the cream and reduce to a smooth consistency. Repeat this until you have a smooth, rich sauce
7. Add salt to taste and enjoy
8. Feel free to dress this up with more vegetables, herbs or whatever you like to add to your curry. You can substitute coconut milk or yogurt for the cream but I wouldn`t. Heck you could even replace the squash with chicken breast.