



# Pureed Squash Soup with Pea Shoots

HEALTHY RECIPE

## Ingredients

4lb of squash (butternut, kabocha, pumpkin or red kuri all work!)

2T extra virgin olive oil

1 yellow onion, chopped

1t sea salt

Black pepper, to taste

4 garlic cloves, minced

1t fresh ginger, grated

1t cumin

1/2t coriander

1/2t turmeric

1/2t cinnamon

1 14oz can full-fat coconut milk

2 1/2c bone broth or broth of your choice

1T apple cider vinegar



## Directions

Drizzle the squash with olive oil, salt and pepper. Place cut-side down on a baking sheet and roast for 40 - 60 minutes. You want the squash to be very soft. Once it cools, peel the skin so you are just left with the flesh of the squash.

In a large soup pot, heat the olive oil. Add onion, salt and pepper and saute until soft, for at least 5 minutes. Add the remaining spices and stir for about 30 seconds. Add in the cooked squash, coconut milk and broth and stir to combine. Simmer on medium for 20 minutes, then add in the vinegar.

Transfer to a blender or use an immersion blender to puree the soup. Tip: if using a regular blender, you may have to work in batches. Have another pot ready to pour the pureed soup into.

Season to taste with additional salt and pepper. Serve in bowls and garnish with heavy cream, pea shoots and pumpkin seeds.

