

Leek Squash Soup

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 butternut squash, chopped* (approximately 3-4 cups)
- 3 leeks, washed and chopped** (approximately 2 cups)
- 2 tbsp coconut oil
- 1 can, 400mL organic full-fat coconut milk***
- Sea salt and pepper to taste
- Feta cheese and pea shoots for garnish

Instructions:

1. Preheat oven to 350F degrees. Place butternut squash into a baking dish, add 1 tbsp coconut oil and season with sea salt and pepper. Cover with a lid and bake for 1 hour or until squash is fork tender.
2. Meanwhile, sauté the leeks on medium in coconut oil until tender, about 7-8 minutes. Set aside and wait for squash to finish baking.
3. Once the squash is done and cooled slightly, place both ingredients into a food processor or blender, add coconut milk and blend until creamy. Or, place all ingredients into a large soup pot and blend with an immersion blender.
4. Reheat the soup before eating. Just don't heat it too hot otherwise the good fat will curdle in the coconut milk. Add any seasonings you wish. If you want it to be a thinner consistency just add a bit of water.

Notes:

*You can peel the squash ahead of time with a veggie peeler if you are cutting it into cubes before cooking. The other option is to slice it in half lengthwise and bake it flesh side down. Then you can just use a spoon to scoop out the squash. I find it's easier to cook it without peeling and just scoop it out. **You can use the whole leek (including the green leaves) if you wish. Just make sure you wash them well because there is often soil nestled inside the leeks. ***I used Cha's Organic coconut milk, the flavour is divine!