

# Roasted Acorn Squash Soup

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 acorn squash
- 1/4 cup filtered water
- 3 leeks
- 1 garlic clove, minced
- 2 cups coconut milk
- 1-2 cups vegetable or chicken stock (depending how thick you like it)
- Lots of pepper
- Good dose of pink rock salt or sea salt
- Pinch of cayenne powder
- Squeeze of fresh lemon juice
- Dollop of extra-virgin olive oil

## Instructions:

1. Preheat oven to 360 degrees. Cut acorn squash into quarters and scoop out seeds and goop. Place on a baking sheet or large dish. Pour water into dish and cover lightly. Bake for 50 minutes or until fork tender.
2. Meanwhile, trim the green ends of the leeks and chop finely. Sauté in a pan on medium with some organic butter, coconut oil or camelina oil until they are well cooked. You can add a splash of white wine while cooking them if you like!
3. When ready, remove acorn squash from oven and let cool slightly. The peel will now be very easy to remove.
4. Place roasted squash, cooked leeks, coconut milk and water into a high power blender or hand blend it in a large pot until a puree texture. Place pureed mixture in a large pot (if using a blender) and heat to a soft boil. Reduce to a simmer, add garlic and spices and squeeze of lemon. Keep warm until serving.
5. When serving, add a dollop of extra-virgin olive oil to each bowl.
6. Serves 5.