

Kabocha Squash Soup

Ingredients:

1 Kabocha Squash, oven roasted
1 Onion, chopped
2 stalks Celery, cut in half
8 Garlic cloves
1 inch Knob Ginger, chopped
7 cups filtered Water
2 cups Coconut Milk
Sea Salt to Taste

Directions:

Preheat your oven to 400 degrees

Roast the squash. Quarter the kabocha squash. Add ½ inch of water into the roasting pan. Place the kabocha squash in the pan and oven roasted for about 45 minutes.

Saute': while the kabocha is roasting, saute the onion, garlic and ginger until soft and the onion is translucent.

Simmer: Once done roasting, cut the kabocha, squash into cubes. Place in a soup pot. Add celery stalks (that are cut in half, so 4 pieces total) and 8 cups of filtered water along with sauted onion, garlic and ginger. Let soup simmer for 20 minutes on medium heat.

Blend. After 20 minutes of simmering, remove the celery stalks and add coconut milk. Using a hand blender, puree the squash and coconut milk. If you do not have a hand blender you can transfer the ingredients of the pot into your regular blender. Be careful when blending hot liquids. After blending your soup is ready to eat.