



ROASTED BUTTERNUT SQUASH AND COCONUT SOUP

Vata ↓, Pitta ↓, Kapha ↑

Serves 4 to 5

Prep Time: 15 to 20 minutes

Cook Time: 90 minutes

INGREDIENTS

- Large butternut squash
- 1 large young coconut* or 2 small ones
- 1 tablespoon coconut oil
- 1/4 teaspoon cumin seeds
- 1/8 teaspoon brown mustard seeds
- 1/8 teaspoon black pepper, freshly ground
- 1/2 cup finely chopped sweet onion
- Fresh ginger root (2 inch cube), finely grated**
- 1 teaspoon cinnamon powder
- 1/8 teaspoon turmeric powder
- 1/8 teaspoon cardamom powder
- 1/8 teaspoon pink Himalayan salt, mineral salt, or sea salt
- Pinch of cayenne (optional, omit for Pitta)
- 2 chopped green onions, for garnish
- Shredded coconut, for garnish

*If a young coconut is not available, substitute with 8 ounces of raw coconut water and 3 tablespoons of shredded coconut.

**Fresh ginger can be replaced by 1 teaspoon of dry ginger if needed.

DIRECTIONS

Roasting the squash:

1. Preheat the oven to 350 degrees.
2. Cut the butternut squash evenly lengthwise down the center .
3. Remove the seeds and place the squash, open side down, into the baking dish.
4. Add a splash of water to the dish and then place it in the oven, cooking for 1 1/2 hours or until the squash is easy to pierce all the way through with a fork.
5. While the squash is cooking, begin the other instructions listed below.
6. Once the squash is fully roasted, remove the meat from the skin and place it in the blender.

Cutting the young coconut:

1. Cut the coconut using a very sharp knife just so the very top is cut off. The end result should cut open just enough of the coconut shell to get out the liquid and allow space for a spoon to remove all of the coconut meat inside.
2. Once the coconut is cut, place to the side until it is ready to be added to the blender.

NOTE: If a young coconut is not available, substitute with 8 ounces of raw coconut water and 3 tablespoons of shredded coconut.

Preparing the soup:

1. In a large sauté pan, place the coconut oil on medium heat. Once melted, add the cumin seeds, mustard seeds, and black pepper. Roast these spices while stirring for 2 minutes.
2. Add the finely chopped onion and sauté for 5 to 6 minutes or until the onion becomes slightly translucent. Stir every 1 to 2 minutes during this time. Once done, remove from heat.
3. Place the roasted butternut squash (skin removed) in a blender. Then add in the coconut water and meat from the young coconut. Add in the ginger, cinnamon, turmeric, cardamom, salt, and cayenne (optional) to the blender.
4. Add HALF of the sautéed onions, while placing the other half aside for later.
5. Make sure the blender is not too full! In order to prevent a huge mess, only fill the blender $\frac{3}{4}$ of the way. Blend in a couple batches if needed.
6. Cover the blender securely and then blend on high speed for 2 to 3 minutes. The mixture should be completely smooth with no chunks or strings.
7. Add the blended mixture to a large soup pot. Place the mixture on low to medium heat. Add the remaining onion and spice sauté and continue to warm the blended soup for 5 to 10 minutes, stirring frequently.
8. Once served, sprinkle with a dash of cinnamon and garnish with the green onion and shredded coconut. Add more salt or pepper if needed.
9. Enjoy this sweet, nourishing, and grounding soup throughout the fall and winter seasons. It is best for Pitta and Vata types, but can be enjoyed by Kapha in moderation.