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## **Creamy Delicata Soup**

*Feel free to use either full-fat or “lite” coconut milk for this recipe. The heavier the coconut milk, the creamier the consistency and more coconut-y it will taste. So, choose full-fat or “lite” depending on your flavor and consistency preference.*

### Ingredients:

- 1 Tbsp olive oil
- 1 cup diced onions
- 1 Tbsp diced garlic (or to taste)
- 2 medium-large delicata squash
- 4 cups vegetable broth
- 1 cup coconut milk
- 1/2 tsp cayenne pepper (or less to taste)
- 1/2 tsp black pepper (or less to taste)
- 1 tsp salt
- 1 Tbsp lime juice

### Directions:

Peel the squash, cut in half and scoop out the seeds. Cut the remaining squash flesh into cubes and set aside. Heat olive oil in the bottom of a soup pot. Add onions and saute until just soft then add garlic and saute another minute (don't let the garlic burn -- watch it and stir). When onion and garlic are just barely browning, add the squash and the vegetable broth and bring to a boil. Once boiling, turn the heat down and let simmer until squash is soft. Add coconut milk, black pepper, cayenne and salt. Stir thoroughly. Take off heat. Use an immersion blender to puree the soup (or let it cool then puree it in a regular blender) until absolutely smooth! Blend in the lime juice and serve!