

## Squash Soup in Pumpkin Bowls

### Instructions

1. Preheat the oven to 400 degrees. Cut and remove the stems from each pumpkin and scoop out the insides. Sprinkle with sugar and salt. Roast the pumpkins upside down on a baking sheet for 30 minutes.
2. Peel the butternut squash and chop into ½ inch pieces.
3. Chop the onion and add to a pan with olive oil. Stir in thyme leaves and sauté until the onions are soft. Add the chopped squash pieces and sauté until the squash starts to brown. Add 5 cups of vegetable broth and simmer until the squash is soft.
4. Transfer the vegetable broth, squash, and onions to a blender and blend until smooth, or use an immersion blender to purée the mixture. Transfer the soup back to the pan and add coconut cream, salt, and pepper.
5. Serve the soup in roasted pumpkin bowls and add croutons or pepitas as an optional topping.

### Ingredients

- 2 tablespoons olive oil
- 4 sugar pie pumpkins
- 1-2 teaspoons of sugar
- 1 small onion
- 1 butternut squash, or a similar squash
- 2 sprigs of fresh thyme
- 5 cups vegetable broth
- 1/2 cup coconut cream
- Pepper
- Salt
- Optional toppings: roasted sunflower seeds, pepitas, or croutons

### Grocery List – Add optional ingredients as desired

#### Produce

- 1 small onion
- 1 butternut squash, or a similar squash
- 4 small sugar pie pumpkins

#### Pantry

- Salt
- Pepper
- Olive oil

#### Other

- Fresh thyme
- Canned coconut milk