

Salt and Serenity

Butternut Squash and Tomato Soup with Coconut Bacon

Soup recipe adapted from bonappetit.com December 28, 2012.

Coconut Bacon recipe adapted from Molly's blog, www.mynameisyeah

Serves 4

Soup:

- 1 tablespoon olive oil
- 1 medium butternut squash, halved, seeded
- 2 garlic cloves, peeled
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 teaspoons grated peeled ginger
- ½ jalapeno pepper, seeded and diced (optional)
- ¼ -½ teaspoon red pepper flakes (optional)
- 2 teaspoons kosher salt
- ¼ teaspoon black pepper
- 1/2 teaspoon ground turmeric
- 1 28-oz. can whole peeled tomatoes, drained
- 3-4 cups cups low-sodium chicken stock or water

Coconut Bacon:

- 1 cup unsweetened coconut flakes (also called coconut chips)
- 1 teaspoon liquid smoke
- 1 teaspoon Tamari or low sodium soy sauce
- 2 teaspoons maple syrup
- 1-2 teaspoons brown sugar
- Toasted Pumpkin seeds

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Brush squash with 1 tablespoon olive oil and sprinkle lightly with salt and pepper. Place squash halves, cut side down, on baking sheet and tuck a garlic clove under the hollow of each half. Roast until squash is tender all the way through, about 45 minutes.
2. While squash is roasting, line a second baking sheet with parchment paper. In a medium bowl, mix together coconut, liquid smoke, tamari, maple syrup and brown sugar, until all the coconut is well coated. Spread coconut out in a single layer on baking sheet and bake in same oven as squash, for about 10 minutes, until brown and crispy. Remove from oven and let cool.
3. When squash is soft, remove from oven and peel off the skin. It comes off

really easily and it lots of fun to do. Set aside squash flesh and roasted garlic. Discard squash skins. DO AHEAD: Squash and garlic can be roasted 1 day ahead. Cover and chill.

4. Heat 1 tablespoon olive oil in a large heavy pot over medium heat. Add onion; cook until softened, about 5 minutes. Stir in ginger, jalapeno, kosher salt, black pepper, red pepper flakes and turmeric. Cook until fragrant, about 30 seconds. Add roasted squash and garlic cloves and stir to coat. Add tomatoes and 3 cups of chicken stock or water; bring to a boil. Reduce heat and simmer, covered to allow flavors to meld, about 20 minutes.
5. Using an immersion blender, purée soup until smooth. (Alternatively, allow soup to cool slightly and purée in small batches in a blender.) Thin with additional 1 cup of water or chicken stock if desired. Taste and add additional salt and pepper, if needed.
6. Spoon soup into bowls and garnish with coconut bacon and toasted pumpkin seeds.