Butternut Squash Soup

4-5 cups butternut squash, diced
2 T coconut oil
¼ t sea salt
Fresh cracked pepper
1-2 shallots, peeled and sliced
2 small ripe pears, peeled and diced
4 cups low sodium chicken stock
1 cup coconut milk
½ cup pumpkin seeds, toasted
Fresh thyme

In large sauté pan, heat 2 tablespoons coconut oil over medium high heat. Add diced squash, sea salt and fresh pepper and cook until soft. Add shallots and diced pear until soft. Place squash mixture in blender with chicken stock and coconut milk and process until smooth. Heat blended squash mixture in saucepan until desired temperature. Garnish with toasted pumpkin seeds and fresh thyme to serve.

Recipe by Garden Chef Megan McCarthy