

## **Squash Soup with Faux Noodles**

1 butternut squash, peeled, seeded and cubed  
2 onions, chopped  
2 cloves garlic, minced  
2 T coconut oil, divided  
1/2 c chopped dill, divided  
sea salt and freshly ground black pepper  
2 jalapeño peppers, finely diced  
12 oz kelp noodles, cut bite size and rinsed with hot water then, strained just before using  
Tabasco (optional)

In a big soup pot, cover the squash with water and cook for about 10 minutes, until fork tender. Set aside 1/5 of the cooked squash. Use a saucepan to heat 1 tablespoon of coconut oil. Sauté the onion and garlic on medium. Use a food processor or a Vitamix to blend the squash, onion and garlic with the cooking water. Add the reserved squash, cut bite-sized, 1/4 cup of the dill, 1 tablespoon of coconut oil, sea salt and pepper to the blended soup. Just before serving, garnish each bowl with the kelp noodles, jalapeño peppers and the remainder of the dill. Offer Tabasco on the side. Serves 6.

**Jittery Cook**