



Thai Pumpkin Soup

Yields 6-8 Servings

INGREDIENTS:

- 2 Tbsp. oil
- 1 onion, finely chopped
- ¼ cup diced red bell pepper
- 1 tsp. minced garlic
- 2 Tbsp. yellow curry powder
- 3-4 cups vegetable or chicken stock
- 1 cup coconut milk, unsweetened
- 1 (1 lb.) can pumpkin purée
- 1 tsp. ground cumin
- 1 tsp. ground ginger
- 1 tsp. salt
- Garnish: cayenne pepper, cilantro leaves, lime wedges, pepitas, red pepper slices or sour cream.



This coconut Thai Pumpkin soup is rich, creamy and full of flavor! It's so simple to prepare and ready to eat in 10 minutes! A perfect soup for a chilly fall day that is also vegan and gluten-free.

INSTRUCTIONS:

1. Heat oil in medium sauté pan, add onion and bell pepper.
2. Sauté on medium heat until onion is transparent.
3. Add garlic and curry powder and stir 1 minute.
4. Add 2 cups of stock and coconut milk and stir.
5. Stir in pumpkin puree, cumin, ginger, and salt.
6. Bring the soup to a boil and reduce heat to simmer for 2 minutes.
7. With an immersion blender or blender, purée the soup until smooth.
8. Taste and adjust seasoning. Add more stock to desired consistency.
9. Ladle into warm bowls or mugs. Top with a dollop of sour cream, a sprinkle of cayenne pepper, chopped cilantro and toasted pepitas. Serve with lime wedges on the side.

Refrigerate up to 4 days or freeze up to 3 months.