



## Creamy Turmeric Pumpkin Soup

4 servings

1 hour 15 minutes

### Ingredients

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tpsps Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (plus more if needed)
- 1/2 cup Canned Coconut Milk (full fat)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 3 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 4 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 5 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 6 Divide soup between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1 1/4 cups of soup.

**Pumpkin:** A 2 lb pie pumpkin yields approximately 2 1/2 cups.

**More Flavor:** Black pepper, fresh ginger or a drizzle of maple syrup or other liquid

sweetener.

**Additional Toppings:** Extra coconut milk or fresh herbs like cilantro.

**No Olive Oil:** Use butter, ghee or avocado oil instead.

**No Pumpkin:** Use a butternut squash instead.