

Pumpkin Soup

Ingredients

- 1 large butternut pumpkin
- 1 large onion
- 5 tsp minced garlic
- 1L / 4 cups vegetable stock
- 1 can coconut milk
- 2 tbsp maple syrup
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves
- pinch of pepper

Method

1. Peel and chop pumpkin, rub in oil, and bake for 30-40 minutes at 220C / 425F.
2. Roughly chop onion and sauté with garlic and salt until translucent.
3. Add baked pumpkin along with spices, and stir to break up.
4. Add vegetable stock, bring to the boil, and then simmer for 15 minutes.
5. Stir in coconut cream and syrup.
6. Blend until smooth.

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