

Spicy Coconut Pumpkin Soup



INSTRUCTIONS

- In a pot, sauté onion in olive oil until soft. Add tomato paste, red chili paste, pumpkin, ginger, garlic, 1 can coconut milk, and broth.
- Combine until thoroughly heated through.
- Blend with an immersion blender until smooth. (or blend in batches in a blender)
- Season to taste with salt and pepper.
- Using second can of coconut milk, swirl 1 tbsp. into each serving of soup.
- Top with green onion, cilantro, and pumpkin seeds!

SHOPPING LIST

- 2 tbsp. tamari (or coconut aminos)
- Roasted and salted pumpkin seeds, for garnish
- 1 tsp black pepper, or to taste
- 1/2 tsp salt, or to taste
- 1 lime, juiced
- 2 Thai red chilis, sliced (or sweet, for garnish)
- 1 sweet (Vidalia) onion, chopped
- 2 garlic cloves, grated
- 1 tbsp. ginger root, grated
- 1 bunch cilantro, destemmed
- 2 green onions, sliced, for garnish
- 1 tsp. turmeric
- 1 tbsp. tomato paste
- 1 tbsp. of Thai red chili paste
- 2 14 oz. can coconut milk
- 1 tbsp. coconut oil
- 2 15 oz. cans pumpkin (not pumpkin pie)
- 1 cup vegetable stock (no-chicken broth)