

PUMPKIN SOUP TWO-WAYS

INGREDIENTS:

- 2 small pumpkins (or 1 medium)
- 2 yellow onions, diced
- 6 cloves garlic, minced

Creamy Thyme Pumpkin Soup

- 1 tsp. butter
- ~1 Tbsp. dried thyme or leaves from ~4 sprigs fresh thyme
- 16 oz. cream
- 16 oz. broth (chicken or vegetable)
- Sea salt and fresh ground pepper
- *Garnish: reduced balsamic + pumpkin seeds*

Coconut Curry Pumpkin Soup

- 1 tsp. coconut oil
- ~1 Tbsp. curry powder
- 1/2 tsp. cayenne pepper
- 16 oz. coconut milk
- 16 oz. broth (chicken or vegetable)
- Sea salt
- *Garnish: pumpkin seeds*

Pumpkin Seeds

- Spice of choice: tajine, curry powder, and/or sea salt

*may need additional broth to thin



Servings: ~12

Total time: 24 hours

Total active time: 45 minutes

NOTES:

- Feel free to pick just one of the soups or prep both simultaneously
- Recipe works best if you can roast the pumpkin on night one and soak the pumpkin seeds overnight in salt water. But in a pinch, you could definitely do it all in one night and skip the seed brining.

DIRECTIONS:

Day 1: Preheat oven to 400F. Cut pumpkins in-half, remove seeds and place in jar with salted water (1 tsp. per 8 oz. water). Coat the pumpkin flesh with avocado oil and cook flesh side-down on Silpat or parchment paper-lined baking sheet for ~40 minutes, or until fork can pierce easily. Once cooled, scrape pumpkin out of skin and place in container. Refrigerate.

Day 2: rinse and strain the soaked pumpkin seeds. Spread on baking sheet and cook at 300F. Remove after an hour and mist with avocado oil, stir to coat evenly. Cook for ~2 hrs. total or until dried out and browned. Sprinkle immediately with seasoning(s) and let cool.

Meanwhile prepare soups: using two separate saucepans (one for each soup), heat butter for "creamy thyme" soup and coconut oil for "coconut curry" soup. Add onion to each, stirring regularly. Add spices to the two separate saucepans (thyme with the butter, curry and cayenne with the coconut milk), continuing to stir and let onions cook.

Once onions are cooked through, add garlic to both pans. Add cream to the thyme pan and coconut milk to the coconut curry pan. Let simmer for additional ten minutes.

Place onion mixture in blender with the broth. Add half of cooked pumpkin (2=3 cups, depending on pumpkin size) and blend until smooth. Place in saucepan on stove and add additional broth if needed, to thin soup.

Clean blender and do the same with the other soup.

Simmer on low for additional 20-40 minutes. Taste-test soups and add more spices, salt and/or pepper to reach desired flavor.

If eating right away, garnish with pumpkin seeds, fresh herbs and serve!

If you want to save – let cool and place in lidded containers. To freeze, place in ziplock bags, label with date and contents, and lay flat in freezer.