



## EASY PUMPKIN SOUP

### Ingredients

- 3 tbsp olive oil
- 1 large yellow onion, finely chopped
- 4 garlic cloves, pressed or minced
- 4 cups of pumpkin purée (or roast pumpkin in halves prior to for 40 minutes)
- 4 cups vegetable broth
- ½ tsp sea salt
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- Dash of cayenne pepper (optional)
- Freshly ground black pepper
- ½ cup coconut milk or cream
- 2 tbsp maple syrup or honey (optional)

### Directions

1. Sauté onions, garlic & olive oil for a few minutes
2. Add pumpkin purée, broth & other ingredients to a boil, reduce heat to low, & simmer for 25 minutes uncovered
3. Sauté other vegetables of choice if adding to mix in or as a topping
4. Use a hand blender to blend if preferred
5. Add toppings of choice
6. Enjoy!!

### Optional toppings:

- Chives
- Pumpkin seeds
- Whipped cream (dairy or dairy-free)
- Sautéed kale or other vegetables of choice

**PREP TIME:** 10 MINUTES

**COOK TIME:** 30 MINUTES

**TOTAL TIME:** 40 MINUTES

