

Spicy Pumpkin Soup

Decadent Nutritious Soup Packed With Beta Carotene



TOTAL TIME

40 mins



COURSE

Side Dish, Soup

CUISINE

American



SERVINGS

4 People

INGREDIENTS

- 2 Cups Pumpkin
- 4 Shallots
- 4 Cups Water
- 2 Cloves Garlic
- 2 Cups Vegetable Broth
- 1 Can Organic Coconut Milk
- 2 Tbsp Curry Powder
- 2 Tsp Coconut Oil
- 2 Tsp Sea Salt
- 1 Tsp Ginger
- 1 Tsp Chili Sauce

INSTRUCTIONS

1. Saute shallots using coco oil, until soft.

Add garlic, ginger and curry spice to pan.

Add salt, pumpkin, water, broth and coconut milk and stir well.

Simmer with low heat for 30 Min. Enjoy!



KEYWORD

soup, veggie