

Food Babe's Thai Spiced Pumpkin Soup



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	30 mins	40 mins	4

<https://foodbabe.com/healthy-thai-spiced-pumpkin-soup>

Ingredients:

- 2 teaspoons coconut oil
- 1 yellow onion, diced
- 4 teaspoons garlic cloves, minced
- 2 cups pure pumpkin, peeled and diced
- 2 cups vegetable broth (without yeast extract)
- 2 cups coconut milk
- 1 bay leaf
- ¼ teaspoon dried thyme
- 2 tablespoons red curry paste
- ½ teaspoon nutmeg
- 1 pinch sea salt, to taste
- 4 tablespoons pumpkin seeds (pepitos)
- 4 tablespoons fresh cilantro
- 1 pinch fresh ground pepper, to taste

Instructions:

1. In a pot, heat coconut oil over medium heat. Add the onions, garlic and pumpkin and cook 4-5 minutes.
2. Add the stock, coconut milk, bay leaf, thyme and curry paste and cook for 15-20 minutes, adding more stock as needed.
3. Take off the heat, remove the bay leaf and puree with an immersion blender or regular blender.
4. Place back on the stove and add the nutmeg and season with salt and pepper as desired. Heat until warmed through.
5. To serve, place the soup in a bowl and top with the pumpkin seeds and chopped cilantro. Enjoy!

Notes:

- Please choose all organic ingredients if possible