

Chef Bal's Pumpkin Ginger Soup

Serves: 6

Ingredients

For the pumpkin

- 2 pounds sugar pie pumpkin

For the soup

- 2 tbsp. cooking oil
- 1 cup diced onion
- 2 tbsp. fresh ginger
- 1 tsp ground coriander
- 1 tsp ground fennel
- 1/8 tsp smoked paprika
- salt and pepper to taste
- 1/8 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 2 cups vegetable broth
- 1 cup coconut milk
- Optional: 2 tbsp. pumpkin seeds

CALORIES	FAT	CARBS	PROTEIN	FIBER	SODIUM
234 kcal	19g	14g	6g	2g	102mg



Directions

For the Pumpkin:

1. Preheat the oven to 350 degrees
2. Cut the Sugar Pie Pumpkin in half, scrape out all the seeds - discard them or save them to toast for later.
3. Cut the pumpkin into cubes and place skin side down on a lightly oiled baking sheet.
4. Bake for 30 minutes - 45 minutes until the Pumpkin is fully cooked and tender.
5. Remove the pumpkin from the oven and set aside to cool. Once cool, remove the skin.

For the Soup:

1. In a large saucepan, add oil, onions, ginger, and cook on low heat until onions are golden brown, 3-5 minutes.
2. Add ground coriander, fennel, smoked paprika, salt and pepper, nutmeg and cinnamon, and cook for another 30 seconds. Add the pumpkin cubes, stir with a wooden spoon and mash the cooked pumpkin until it's a puree.
3. Stir in the vegetable broth and coconut milk, let it cook for 5-10 minutes until the soup thickens on medium heat.
4. Optional: Top each portion of soup with 1 tablespoon toasted pumpkin seeds.

Chef's Note – Add additional warm vegetable broth for desired thickness.