

Pumpkin Curry Soup

YIELD: 4–6 servings, about 8 cups **PREP TIME:** 5 minutes **COOK TIME:** 20 minutes **TOTAL TIME:** 30 minutes

Ingredients:

- 2 teaspoons coconut oil or extra-virgin olive oil
- 1 1/2 cups chopped sweet yellow onion (about 1 medium)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 tablespoon minced fresh ginger
- 3 tablespoons Thai red curry paste
- 2–3 cups low-sodium vegetable broth (or low-sodium chicken broth if the soup being vegetarian is not a concern), divided
- 2 tablespoons almond butter or peanut butter (I used natural drippy peanut butter)
- 2 (15-ounce) cans pure pumpkin puree (not pumpkin pie filling)
- 1/2 tablespoon coconut sugar or light brown sugar (do not omit, as it balances the flavor of the soup)
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/8 to 1/4 teaspoon cayenne pepper, plus additional to taste
- 1 (14-ounce) can light coconut milk
- For topping: chopped roasted peanuts or pepitas, chopped fresh cilantro, coconut cream or plain nonfat Greek yogurt



Directions:

1. In a large pot or Dutch oven, melt the coconut oil over medium heat. Add the onion and sauté for 5 minutes, until translucent. Add the garlic and ginger and cook 1 additional minute, until fragrant. Stir in the Thai curry paste.
2. In a small bowl or large measuring cup, whisk together 1/3 cup of the vegetable broth and the almond butter or peanut butter until smooth. Add the mixture to the pot. Add the pumpkin, coconut sugar, cumin, salt, pepper, cayenne, and 1 2/3 cups of the remaining vegetable broth. Stir until well combined.
3. With an immersion blender, puree the soup until completely smooth, adding a little of the coconut milk if it is too thick to blend smoothly. Alternatively, you can ladle the soup carefully into a blender or food processor and puree it in small batches. Stir in the remaining coconut milk. If the soup is too thick for your liking, add additional vegetable broth until you reach your desired consistency.
4. Taste and add additional salt, black pepper, and/or cayenne pepper as desired. (My batch needed an extra pinch of salt; this will vary based on you vegetable broth). Serve hot with desired toppings.

• Store leftovers in an airtight container for up to 1 week or freeze for up to 2 months. Let thaw overnight in the refrigerator and reheat gently on the stovetop or in the microwave.

All images and text ©Erin Clarke/Well Plated.

Nutrition Information

Serving Size: 1 (of 6), about 1 1/2 cups

Amount Per Serving: **Calories:** 172 **Calories:** 172 **Total Fat:** 8g, **Saturated Fat:** 4g, **Sodium:** 345mg, **Carbohydrates:** 21g, **Fiber:** 9g, **Sugar:** 10g, **Protein:** 5g