

Thai Pumpkin Soup

(Gluten Free, Dairy Free, can be Vegan)

Altered by jalene @ donteatwheat.com from a recipe by foodbabe.com

Yields 6 cups (Serves about 4), Takes less than 30 minutes to prepare

Ingredients:

- 2 tsp coconut oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 1 (15 oz) can of Pumpkin Puree (or 2 cups fresh pumpkin, peeled and diced)*
- 2 cups chicken broth (use vegetable broth to make it Vegan)
- 1 (13.66 oz) can of Coconut Milk
- 1/4 tsp dried thyme
- 2 Tbsp Thai Kitchen Red Curry Paste
- 1/2 tsp dried ground nutmeg
- sea salt and fresh ground pepper, to taste



Directions:

1. In a pot over medium heat, add the coconut oil, onions, and garlic. Cook until onions are tender and translucent. Remove from heat. (*If you are using fresh pumpkin, cook it with the onions and garlic.)
2. In a blender, add the cooked onions & garlic, pumpkin puree, chicken broth, coconut milk, thyme, and curry paste. Blend for 45 seconds on low. (On my Blendtec, I use the first speed).
3. Pour the ingredients back into the pan and simmer over medium-low heat for 15-20 minutes. *If using fresh pumpkin add more stock as needed.)
4. Add the nutmeg and season with salt and pepper before serving.

Store leftovers in a covered container in the fridge for up to 3 days. Goes great over cooked rice, quinoa or beans. This would also make a great curry base to top over some steamed vegetables or cooked chicken.

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