

Pumpkin Ginger Soup

INGREDIENTS

- 2TBS ghee or grass-fed butter
- 2C cooked pumpkin (I used a “Cinderella Pumpkin” or Rouge Vif d’Étampes but you can substitute your favorite)
- 1 sweet potato, chopped
- 1 red onion, chopped
- 3 cloves garlic, chopped
- 2 carrots, chopped
- 4-6C chicken broth
- 1TBS ginger, chopped
- 1TBS sea salt
- 1/2tsp black pepper
- 1/4tsp cinnamon
- 1/2tsp nutmeg
- 1/2tsp paprika

To roast the pumpkin:

1. Preheat oven to 375°F.
2. Cook pumpkin by cutting into pieces (remove any seeds) and placing face down in a baking dish with 2-3 inches of water.
3. Roast for about 20 minutes until soft and tender.
4. Remove pumpkin from oven and allow to cool. Then using a knife, trim away the outer edges discarding the skin.

To make the soup:

1. In a large pot, heat ghee until melted then add potato, onion, garlic, and carrots. Sauté for about 3-5 minutes until veggies begin to sweat.
2. Add spices and mix well then add pumpkin and broth until liquid reaches about 2 inches from top of pot.
3. Bring to a boil then reduce to simmer until veggies are soft (about 20 minutes), stirring occasionally.
4. Once veggies are soft, allow soup to slightly cool then blend with an immersion blender until smooth and creamy.
5. Serve garnished with pumpkin seeds and a drizzle of oil. Enjoy!

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To make the pumpkin seed topping:

1. Scoop out seeds from inside pumpkin and rinse well, removing most of the fibrous material.
2. Pat seeds dry with a towel and scatter on baking sheet lined with parchment paper.
3. Coat with olive oil and seasonings of choice (I used Redmond Real Salt Natural Seasoning, chili powder, red pepper flakes, sea salt).
4. Place in oven at 375°F for about 12 minutes, stirring occasionally to avoid burning.
5. Remove from oven and allow to cool slightly then enjoy as a delicious snack or use as soup topping.