



Spicy Pumpkin Soup

DrDarleneThomas.com

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 25-30 MIN

Ingredients

2 Tbsp olive oil

1 onion, chopped

2 cloves garlic, minced

**4 cups pumpkin puree
(fresh or canned)**

4 cups vegetable broth

1 tsp ground cumin

1/2 tsp chili powder

**Salt and pepper to
taste**

1/2 cup coconut milk

Optional: Garnish with pumpkin seeds



Directions

- Heat the olive oil in a large pot. Add onion and garlic, sautéing until translucent.
- Add the pumpkin puree, vegetable broth, cumin, chili powder, salt, and pepper.
- Bring to a boil and then simmer for 20 minutes.
- Using an immersion blender, blend until smooth or leave it chunky depending on your preference.
- Stir in the coconut milk and heat through.
- Serve warm.