

PUMPKIN SOUP



INGREDIENTS

olive oil
small sugar pie pumpkin
1 yellow onion, chopped
3 garlic cloves chopped
1/2 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/2 teaspoon cumin
dash of cayenne pepper (if you like spice)
black pepper and salt to taste
2 carrots
2 cups water
1/2 cup full fat coconut milk or cream
green pumpkin seeds (soak them for few hours, or overnight)

INSTRUCTIONS

1. Peel pumpkin and cut into small cubes.
2. Sauté onion until translucent, add pumpkin, chopped carrot, garlic, spices. Cook, stirring occasionally, 15 to 20 minutes until pumpkin is soft.
3. Transfer everything to the blender. Blend until creamy. If it is too thick you can add some water to the desired consistency. After adding the water bring to boil for a minute or two. You may also add some spices. Stir in the coconut milk or cream and blend for few more seconds.
4. Serve hot. Garnish with the pumpkin seeds.