

Ginger and Pumpkin Soup

4 cups cooked smashed pumpkin
3 large carrots, diced
2 celery stick, sliced
2 tsp. ground ginger
2 tsp. garam masala
3 garlic cloves, minced
4 cups chicken broth
1 Tbs. coconut oil
1 can coconut milk
seasalt and cracked black pepper to taste
Cinnamon

Garam masala is a spice blend used in Indian cooking. There are recipes online, but it is available in well stocked markets.

1. In a large soup pot over medium heat saute ginger, garlic, celery, and onion in oil until translucent and soft. Add garam masala and stir to combine.
2. Add carrots, pumpkin, and broth. Turn heat to high and bring to a boil. Turn down to simmer and cover. Simmer for 20-30 minutes or until soft.
3. Remove from heat and add coconut milk. Season with salt and pepper, then puree using a hand blender or regular blender. Top with cinnamon before serving.