

Thai Pumpkin Soup by Lynn's Recipes



Lynn demonstrates a super easy Thai Pumpkin Soup. This would make a delicious lunch or would be great for dinner as a starter. Adapted from Vitamix. Yield: 8 cups

Ingredients:

- 2 Tablespoons olive oil
- 3 cups chicken or vegetable broth
- 1 cup chopped onion
- $\frac{3}{4}$ cup coconut cream
- 1 Tablespoon tomato paste
- $\frac{3}{4}$ cup coconut milk
- 2-1/2 cups pumpkin puree
- 1 Tablespoon chopped green chilies
- 2 Tablespoons chopped fresh ginger
- 1 Tablespoon lemon juice
- 1 garlic clove, peeled, chopped
- Salt and pepper

Saute onion in olive oil until soft. Add tomato paste, pumpkin, ginger, garlic, broth, coconut cream and coconut milk. Cook until thoroughly heated through.

Place mixture in Vitamix or other heavy duty blender. Add chilies and lemon juice and secure lid. Process until smooth. Season with salt and pepper.

*Note – be careful when processing hot foods in a blender.

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