

Pumpkin Soup

By: Hank Stelzl



INGREDIENTS

¼ brown or yellow onion
2 15oz cans of pumpkin puree
1 can of coconut milk
1 box of vegetable stock
Maple syrup
Cinnamon
Nutmeg
EVOO
Maple Syrup
Salt n Pepper

DIRECTIONS

- Finely Chop your onions and in a hot pan over medium heat add your EVOO. Once oil is hot add onions and allow the onions to sweat so flavor comes out but do not allow onions to saute. Turn frequently.
- In large mixing bowl combine puree, $\frac{2}{3}$ cup of coconut milk, 1 tbsp maple syrup, $\frac{1}{2}$ box of vegetable stock. Whisk slowly together.
- Put all ingredients into soup pot. Add your 1 tbsp of cinnamon & nutmeg.
- Cook on low for 15-20 minutes to desired consistency. Add salt and pepper to taste.
- If you would like a creamier texture add more coconut milk or if too thick you could thin it out with more vegetable broth.

Nutrition Facts

Servings: 6

Amount per serving

Calories 150

% Daily Value*

Total Fat 9.3g 12%

Saturated Fat 6.3g 32%

Cholesterol 0mg 0%

Sodium 233mg 10%

Total Carbohydrate 17.4g 6%

Dietary Fiber 5.2g 19%

Total Sugars 8.6g

Protein 2.3g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 3mg 14%

Potassium 380mg 8%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by

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