

Pumpkin Coconut Curry Soup

Ingredients:

¼ cup coconut oil
1 cup yellow onion, chopped
1 clove garlic, minced
3 cups veggie or chicken broth
1 teaspoon curry powder (I use yellow)
½ teaspoon salt
¼ teaspoon ground coriander
¼ teaspoon crushed red pepper flakes
¼ teaspoon turmeric
pinch of saigon cinnamon
1 (15 ounce) can 100% pumpkin puree
1 cup coconut milk

Directions:

Heat the coconut oil in a stock pot over medium-high heat. Stir in the onions and garlic and cook until the onions are translucent, about 5-7 minutes. Mix in the veggie/chicken broth, curry powder, salt, coriander, crushed red pepper flakes, turmeric, and cinnamon. Cook and stir until the mixture comes to a gentle boil, about 10 minutes. Cover, and boil 15 to 20 minutes more, stirring occasionally. Pour this portion of the soup into a blender, filling only half way and working in batches if necessary; process until smooth. Return to a pot and whisk in the pumpkin and coconut milk. Cook another 5 minutes to heat through before serving.