

## PUMPKIN, APPLE AND CARROT SOUP

Servings: 8-10

### INGREDIENTS

2 Tbsp	cooking oil
1	large cooking onion
3	cloves garlic
1 Tbsp	grated fresh ginger
1/2 tsp	ground cardamom
1/4 tsp	ground cayenne (or more, to taste)
4 cups	vegetable stock or water
1	can pumpkin puree
1 cup	canned carrots (or 2 fresh carrots cubed)
1-2	apples, peeled and cubed
1 cup	coconut milk (or to taste)
	salt to taste

### DIRECTIONS

1. Heat the cooking oil in a large pot over medium-high heat.
2. Add onions and cook for 3-4 minutes, until softened.
3. Add the ginger and garlic and sauté for another minute until fragrant.
4. Add the pumpkin, carrot, apple, cardamom and cayenne and cover with the vegetable stock.
5. Bring to a boil, then lower the heat to medium and let it simmer 30-40 minutes or until the vegetables are soft.
6. Using a potato masher, emulsifier or food processor, blend the soup mixture to a puree or desired consistency. If using a food processor, work in batches and return soup to the pot.
7. Add the coconut milk and combine.
8. Salt to taste and serve.