



COCONUT CURRY PUMPKIN SOUP

LEVEL: Beginner

SERVINGS: 3-4

INGREDIENTS

- 2 tablespoons coconut oil
- 1 cup onions, minced
- 2-3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2-3 tablespoons red curry paste
- 1 medium sweet potato, diced
- 1 (15 ounce) can pumpkin puree
- 1 (13.5 ounce) can coconut milk
- 1/2 - 1 cup chicken or vegetable broth
- 1 teaspoon sea salt (or to taste)
- 2-3 teaspoons maple syrup
- 1/2 - 1 teaspoon fennel seeds
- Juice from half a lime

Toppings:

- 2 Bartlett pears, coarsely chopped
- 1/4 cup fresh fennel
- 1/2 tsp ground cardamom
- 1/2-1 tsp fresh ginger, grated
- 1 tsp maple syrup
- 1 tablespoon lime juice
- Sprinkle of salt

INGREDIENT SWAPS

Coconut oil	→	Butter, extra virgin olive oil
Pumpkin	→	Butternut squash
Lime	→	Lemon
Red curry paste	→	Curry powder (flavor will vary depending on curry blend)
Maple syrup	→	Honey, agave
Pears	→	Apples

SUPPLIES

- Measuring cups
- Measuring spoons
- Chef's knife
- Medium bowl
- Vegetable peeler or pairing knife
- Blender or immersion blender
- Can opener
- Cutting board
- Large saucepan

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SERVINGS: 3-4

INSTRUCTIONS

1. Saute the onions in a large saucepan until slightly golden.
2. Add the garlic, ginger, fennel seeds, and red curry paste and cook until fragrant.
3. Add the sweet potato, pumpkin, coconut milk, broth, maple syrup, lime juice, and salt to taste. Bring to a boil and then reduce heat.
4. Cover and simmer for 15-20 minutes until reduced and thick.
5. In a medium bowl, mix the pears, fresh fennel, cardamom, ginger, maple syrup, lime juice and salt.
6. Remove the soup from the heat and cool slightly.
7. Blend until smooth in a blender or using an immersion blender.
8. Top with pear mixture and enjoy!

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